

Free A Quick And Easy Guide To Baby

LIVING GLUTEN-FREE CAN BE EASY. Simply ... Gluten-free Quick Meals makes gluten-free cooking fast and stress-free for everything from everyday suppers to holiday entertaining. This cookbook offers more than a hundred recipes that are easy to prepare--and delicious, too--for main dishes, side dishes, and desserts. Carol Kicinski covers everything you need, including whole meals for weekday dinners that can be prepared in half an hour, recipes for single dishes that can be prepared in fifteen minutes or less, breakfast and brunch menus and standalone recipes for breakfast on the go, and even recipes specific to traditional holiday meals. She also includes basic gluten-free mixes such as flour blends, biscuit and pancake mixes, and spice mixtures that can be stored and used in a variety of recipes. With a wide range of recipes for all types of situations, Simply . . . Gluten-free Quick Meals will help to make your time in the kitchen, and possibly your life, a little easier.

Gives advice on time management, describes useful cleaning techniques, and includes time-saving tips concerning laundry, meal planning, grocery shopping, and dishwashing

Wheat-free-cooking expert Carol Fenster reveals her time-saving tips and techniques to help cooks put homemade meals on the table in a flash. In Carol Fenster's gluten-free cooking classes, the most frequently asked question is "How can I get a meal on the table in the least amount of time?" So often, cooking gluten-free means spending hours in the kitchen-making everything from scratch. But now, Fenster reveals all her shortcuts, tips, and timesaving techniques from nearly twenty years as the gluten-free cooking authority. The Quick & Easy principles in this book will get cooks in and out of the kitchen with less fuss than ever before. In

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Gluten-Free Quick & Easy, a hot meal makes it to the table without a complicated ingredient list or a lengthy wait. Fenster emphasizes the necessity of "planned-overs"-not "left-overs"- that creatively use elements of one meal in the preparation of another, whether it becomes an ingredient the next day, the next week, or the next month. Recipes for make-ahead baking mixes and techniques to shorten baking times means cooks stay on track. And her comprehensive menu plans and ideas help pull together a week's worth of meals with ease. Fenster's simple but delicious recipes include favorites like hearty breads, pizzas, and pasta. In less time than ever before, gluten-free cooks can whip up homestyle entrées and side dishes, tasty breakfasts, and elegant desserts for every meal of the day, every day of the week. Originally published: London: Yellow Kite, an imprint of Hodder & Stoughton, an Hachette UK Company, 2016.

The beloved actress and star of the digital series Quick Fix saves you time and energy with her favorite mealtime hacks, tips to bring joy and balance to your kitchen, and 65 easy, delicious, and healthy recipes the entire family will love. "I love how Tia breaks down how to organize your pantry and kitchen."—GIADA DE LAURENTIIS As a busy mom, author, actor, and entrepreneur, Tia Mowry needed to find quick and easy solutions to a busy life, especially when it came to cooking for her family. She figured out a way to create nutritious, hearty dishes that work for everyone, allowing her to savor moments spent around the table. Presented in her trademark joyful, down-to-earth fashion, The Quick Fix Kitchen is the complete guide to home cooking, giving you "Quick Fixes" so you don't have to sacrifice time and energy in the kitchen. Along with sixty-five easy, delicious recipes, you'll find everything you need for organization and meal planning: • Pantry organizational hacks • Food shopping tips • Grocery

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lists and food shopping tips • Meal prep guidelines • Meal plans You'll also get advice on building a well-balanced kitchen and a healthy life: • Healthy food swaps and tips for food sensitivities • Seasonal fruits and veggies list • Whole foods for gut health and cutting down on inflammation • Balancing wholesome and indulgent meals And of course, tips on incorporating the kids: • Age-friendly tasks • Kids' cooking tools • Trying new foods The recipes themselves are designed to deliver big flavors with minimum prep and cook time. They include sheet pan meals like Stuffed Pesto Chicken Breast, one-pot meals like Spinach Artichoke Pasta Bake, classics with a healthy twist like Creamy "Alfredo" Pasta, and creative, kid-friendly snacks like Banana "Sushi" Rolls and Mini Quesadilla Pizzas. With The Quick Fix Kitchen, feeding yourself and your family won't feel like a chore.

Every day there are mouths to feed and meals to cook and yet of course this is often just one in a very long list of tasks that also need to be accomplished and so it's no surprise that the perennial question 'What's for dinner?' causes our stress levels to rise. Thankfully, Quick + Simple = Delicious provides a very intelligent solution as it proves that if you use just add together a few simple ingredients (plus a few store-cupboard essentials like oil and flour etc) and throw in a little know-how, the result is delicious food with maximum flavour and minimum fuss: sourdough + tomatoes + olives + garlic + chicken = Sicilian chicken traybake pastry case + vanilla ice cream + peaches + raspberries = peach melba tart. This book is guaranteed to make your meals tastier and your life easier. There are recipes for dinners, desserts and lunches and brunches, all the ingredients are presented visually so you can see what you need at a glance and the cooking instructions are as simple as 1, 2, 3. It's amazing when being a maths whizz comes this easy!

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Vegan Recipes Cookbook: Transform Your Life! 35 Recipes for a plant-based, oil-free diet - Menu Ideas for One Week Mix and Match as You Like! Eating a whole-foods diet without animal foods and added oils, less salt and sugar, and very few processed foods dramatically improves the health. The recipes in this book are based on a purely starch-plant based diet (diet based on whole starches, vegetables, and fruits) without added oils. All the recipes are quick and easy. Bestselling author, nutritionist, and advocate for health, nutrition and vegan diets A. I. Jaeger brings you this wonderful book where you will find 35 recipes based on scientific research (such as the starch-plant based Dr. McDougall program). These recipes are meant to be used to create a healthier 7-day meal plan. They are broken down into four sections: Breakfast, Snacks, Lunch, Dinner and Desserts (healthier options). Each section also includes two quick and easy recipes that can be prepared in under 15 minutes. Mix and match according to your lifestyle and create a meal plan that will work for you. In addition to being vegan-friendly, these recipes are also high-carb and low (or no) fat. Cheers to you for bidding goodbye to oil! Enjoy healthy, vegan, oil-free recipes such as: Blueberry Pancakes & Cookies Tortillas Vanilla Chia Pudding Mac n' Cheese Baked Sweet Potato Chips (the perfect snack!) Pesto Pasta Black Bean Veggie Burger Quinoa Teriyaki Lasagna Rolls Craving a delicious dessert? Enjoy desserts in healthier dairy-free, low-fat options such as: Peach Cobbler Raw Apple Crumble Dark Chocolate Brownies Chocolate Mousse Banana Cream Pie Apple Strudel And many more! Some of the features of this book are: - Includes many vegan mouthwatering meal recipes under 15 minutes - Suited for beginners and advanced cooks alike - All recipes include a photo - All recipes low fat or fat-free - All recipes include nutritional information The recipes in this book are based on a purely starch-plant based low-fat diet without animal foods

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and added oils. The recommended low-fat vegan diet is based on scientific research and recommendations by experts such as Dr. Neal Barnard, T. Collin Campbell, Dr. Michael McGregor, and especially Dr. John A. McDougall. Available as Kindle Edition and as Paperback.

Quick Easy Meals: Grain Free Cooking and Lose the Belly Fat Are you tired of dealing with constant digestive problems and stubborn belly fat in your search for quick, easy meals? This book is here to help. You may have been promised quick weight loss by mainstream diets, only to discover that getting rid of a stubborn belly is a lot harder than it sounds. You might try, time after time, to cook quick healthy meals that can help you slim down and feel better, only to discover that food has once again failed you. The quick, easy recipes contained in this book are here to make a difference. They're designed to help remove problem belly fat and help you get rid of health problems caused by reliance on processed grains like wheat and corn. You'll find lots of quick dinner recipes, snacks, breakfasts and more, all designed to help you enjoy your food again. There's no need to worry about gaining when you use these quick meals.

"I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the “gluten-free” foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy

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products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

Do you need to figure out what Kubernetes is all about? Do you like learning through hands-on? If yes, this is the book for you... *Quick Start Kubernetes*, brought to you by best-selling author Nigel Poulton, assumes zero prior experience and gets you to the point you can hold

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deploy and manage a simple app. And it does it in less than 100 pages! You'll learn: - Why we have Kubernetes - What Kubernetes is - Where Kubernetes is going - The fundamentals of Kubernetes architecture You'll also perform the following hands-on tasks: - Build a cluster - containerize an app - Deploy the app to Kubernetes - Break the app and watch it self-heal - Scale the app - Perform a rolling update Along the way, Nigel explains everything as clearly as possible and busts every piece of jargon. When you're done, you'll be in love with Kubernetes and ready to use your skills in the real world.

What does it mean to be on a gluten-free diet? For those afflicted with a celiac disease diagnosis, it often means no wheat, rye, barley, and oats, which can also mean no fun. With a restricted diet, coming by healthful recipes can be both tedious and overwhelming. But with the right ingredients and a bit of determination, delicious baked goods can be created by celiacs and non-celiacs alike! *Going Gluten-Free: Breads and Baked Goods with Mary Brown* is a treasure trove of recipes containing a unique combination of flours and ingredients that will allow the average celiac to create a variety of breads, cakes, and cookies that are both delicious and safe to consume. Tailored to be easily managed by cooking experts and novices alike, this collection of gluten alternatives will save both money and health issues. Throw on an apron and join *Going Gluten-Free: Breads and Baked Goods with Mary Brown*. Diagnosed with celiac disease in 1999, Mary Brown vividly remembers how hard it was to take the first step into the 'gluten-free world.' Her recipes are primarily breads and baked goods that one really craves when placed on the gluten-free diet. She offers numerous tips and helpful websites. Mary is a member of the Southeast Minnesota Celiac Support Group and resides in Rochester, Minnesota, with her husband, Chris, and their three children.

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Calculus Made Easy by Silvanus P. Thompson and Martin Gardner has long been the most popular calculus primer, and this major revision of the classic math text makes the subject at hand still more comprehensible to readers of all levels. With a new introduction, three new chapters, modernized language and methods throughout, and an appendix of challenging and enjoyable practice problems, Calculus Made Easy has been thoroughly updated for the modern reader.

175 gluten-free recipes for fast, delicious meals the whole family will love using the latest must-have kitchen appliance—the air fryer! It’s no secret why the air fryer is the hottest new kitchen appliance—it offers a quick and healthy cooking option for busy families, and its convection power makes it easy to cook a wide range of foods from steak to tofu, bacon to vegetables, and even desserts. And as the “I Love My Air Fryer” Gluten-Free Recipe Book demonstrates, it’s even perfect for those following a gluten-free diet! Featuring 175 gluten-free recipes—with photographs included throughout—this cookbook is a must-have for air fryer fans with celiac disease, gluten intolerance, wheat allergies, or those who simply enjoy a gluten-free diet to improve their overall health! Learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, appetizers, to side dishes and desserts—plus great snacks. Discover how easy and delicious it is to follow a gluten-free diet thanks to an air fryer with “I Love My Air Fryer” Gluten-Free Recipe Book!

A cost-saving cookbook includes 125 tasty, easy-to-make recipes--including kid-friendly meals and desserts--that are free of major allergen ingredients, including gluten, dairy, nuts, soy, eggs and more. Original.

My first published novel took me five YEARS to write. The second took months. Now? I draft

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each of my novels in about a week. We live in a fast-paced world, and not everyone has the time to spend months or even years working on a novel. This book is a comprehensive guide over how I get a book from concept to fully-edited in the course of about a week. (It can take less or more depending on the length of the novel or my time constraints). This process can work for any genre of fiction, as I have used it for every novel I've written after the first. *** Kate Hall is a bestselling author who is known for her quick success and high earnings in the Paranormal Romance genre. In this guide, she shows how you, too, can write books fast to potentially increase your publishing income.

SIMPLE STEPS TO A NATURALLY CLEAN HOME Toxic chemicals are found in almost all commercial cleaners—the very products you buy to make your home hygienic and healthy. *Homemade Cleaners* offers a better solution. Its tips, tricks and formulas guarantee to make your home sparkling and germ-free. *Homemade Cleaners* features over 150 recipes that are: • Toxin-Free • Simple and Affordable • Highly Effective • Environmentally Sound • Kid and Baby Friendly Using ingredients like vinegar, baking soda, and even vodka, the authors tackle the nitty-gritty of everything from countertop cleaners to air-purifying plants so you avoid using commercial products that can cause side effects including skin irritation, asthma and central nervous system damage.

Tasty, easy-to-make recipes for grain-free, dairy-free baking! Cinnamon Swirl Bread. Fruit and Nut Snack Bars. Deep Dish Apple Pie. With *Everyday Grain-Free Baking*, you can finally enjoy the baked goods that you've been missing! In this beautiful, easy-to-use cookbook, Whether you're grain-free or gluten-free, author and creator of *The Nourishing Home* blog Kelly Smith shows you how to create grain-free, dairy-free versions of all your favorite baked goods that

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are compatible with the most common grain-free diets. From breads, biscuits and muffins to savory snacks and decadent treats, you'll find step-by-step instructions for more than 100 delicious, grain-free and dairy-free recipes, including: Easy Everyday Bread Southern Style Biscuits Fluffy Almond Flour Pancakes Simple Garden Herb Crackers Blueberry Lemon Scones Raspberry Crumble Bars Strawberry Vanilla Custard Cake Don't give up the bakery staples you love--with these flavorful recipes, you can make delicious grain-free, dairy-free baked goods that your whole family will enjoy whether or not everyone is living a grain-free lifestyle!

From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

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Fast, Delicious Gluten- and Dairy-Free Loaves You'll Love Sharon Lachendro has perfected her own gluten-free flour blend to yield breads that outshine their gluten-based counterparts—and can be made in half the time! Whether you are gluten-free or just looking for new delicious bread options, these dairy- and gluten-free recipes will make your meals more allergy-friendly, more flavorful and heaps healthier without the effort. Options include: Chocolate-Hazelnut Swirl Banana Bread Red Velvet Quick Bread Loaded Lemon Bread Peanut Butter Banana Bread S'mores Bread Maple Walnut Bread Iced Gingerbread Loaf Sweet Peach Bread Honey Cornbread Orange Poppy Seed Bread Mint Chocolate Quick Bread Apple Pie Quick Bread There are breads for every occasion—from holidays and brunches to parties and potlucks. Plus, these recipes don't require kneading or extra time to rise, so they are simple enough to whip up any time a craving strikes. With *The Gluten-Free Quick Breads Cookbook*, no one will guess that the best bread they've ever had contains no wheat, dairy or yeast.

While most of us aren't hoarders we can all benefit from assessing and reducing the clutter in our homes--and then organizing what's left. Many things stop us from succeeding: the sheer scope of the project, the tendency to lose momentum if the job takes too long, and the fact that we're always acquiring new clutter. But what if it really took only a week to de-clutter the whole house, and then you even had the weekend to relax and enjoy your new clutter-free space? Could it really be that simple? Organizing and time management experts Sandra Felton and Marsha Sims show how with the right game plan and a healthy dose of adrenaline, anyone can de-clutter their home in just five days. With this systematic, team-based approach, even the most overwhelming de-cluttering job becomes doable. The authors' enthusiasm and energy

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keep readers pushing forward to the goal, and their time-tested tips and habits help readers maintain their hard-won gains. The authors even show how to deal with common obstacles to achieving and keeping a clutter-free house, like filing, storage needs, health issues, space restrictions, the car, and even family sabotage!

“From zucchini nut bread to a delicious-sounding mash-up of potato skins and Reuben sandwiches, *The I Love My Instant Pot Gluten-Free Recipe Book* by Michelle Fagone has creative recipes for anyone following a gluten-free diet.” —Oprah.com The cookbook that makes using your Instant Pot easier than ever! The first cookbook dedicated to non-paleo gluten-free recipes for the hottest kitchen appliance: the Instant Pot—with 175 easy-to-make gluten-free recipes and photographs throughout! This book shows you how you can use the hottest kitchen appliance right now—the Instant Pot—to create gluten-free meals that are quick, easy, and most importantly, delicious. With 175 gluten-free recipes and photographs throughout, this cookbook is a must-have for Instant Pot fans who follow a gluten-free diet due to celiac disease, gluten intolerance, wheat allergies, or simply for health reasons. You’ll learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, snacks to desserts. You’ll also find an easy-to-understand overview of the Instant Pot including what all those buttons on your Instant Pot do, how to release the pressure from the Instant Pot when your cooking time is up, how to keep your Instant Pot clean, and more. The “I Love My Instant Pot” Gluten-Free Recipe Book is perfect for instant pot fans who follow a gluten-free diet or anyone who wants fast, delicious meals the whole family will love.

In this groundbreaking analysis of personality type, bestselling author of *Better Than Before* and *The Happiness Project* Gretchen Rubin reveals the one simple question that will transform

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what you do at home, at work, and in life. During her multibook investigation into understanding human nature, Gretchen Rubin realized that by asking the seemingly dry question "How do I respond to expectations?" we gain explosive self-knowledge. She discovered that based on their answer, people fit into Four Tendencies: Upholders, Questioners, Obligers, and Rebels. Our Tendency shapes every aspect of our behavior, so using this framework allows us to make better decisions, meet deadlines, suffer less stress, and engage more effectively. More than 600,000 people have taken her online quiz, and managers, doctors, teachers, spouses, and parents already use the framework to help people make significant, lasting change. The Four Tendencies hold practical answers if you've ever thought: • People can rely on me, but I can't rely on myself. • How can I help someone to follow good advice? • People say I ask too many questions. • How do I work with someone who refuses to do what I ask—or who keeps telling me what to do? With sharp insight, compelling research, and hilarious examples, *The Four Tendencies* will help you get happier, healthier, more productive, and more creative. It's far easier to succeed when you know what works for you.

Over 125 gluten-free recipes that taste just like-or even better than-their wheat counterparts. Plus helpful baking tips for creating light-textured breakfast favorites, muffins and quick breads, yeast breads, cookies, cakes, and pies. This book makes living a gluten-free life simple, affordable, and delicious!

By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make

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everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

People who follow a gluten-free diet--avoiding all foods with even a trace of wheat, barley, and rye in their ingredients--don't always have the quick and cheap food options that their friends do...until now. Gluten-free guru Nicole Hunn is back with 100 new quick-prep and make-ahead recipes for dinners, yeast-free breads, baked goods, snacks, breakfasts, and more. These unique timesaving recipes take advantage of readily available gluten-free ingredients and kitchen shortcuts. Created with the busy family in mind, Hunn shares her secrets to getting a complete meal, including bread, on the table in no time flat - all without breaking the bank. Recipes include Super-Quick Cinnamon Rolls, Yeast-Free English Muffins, Easy Veggie Burgers, Weeknight Chicken Soup, Cheesecake Cookies, Make-Your-Own Yellow Cake Mix, and more.

"This book is organized around three concepts fundamental to OS construction: virtualization

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(of CPU and memory), concurrency (locks and condition variables), and persistence (disks, RAIDS, and file systems"--Back cover.

If you've ever wished you could clear out your clutter, simplify your space, and take back your life, Kathi Lipp's new book has just the solutions you need. Building off the success of her *The Get Yourself Organized Project*, this book will provide even more ideas for getting your life and your stuff under control. Do any of these descriptions apply to you? You bought a box of cereal at the store, and then discovered you have several boxes at home that are already past the "best by" date. You bought a book and put it on your nightstand (right on top of ten others you've bought recently), but you have yet to open it. You keep hundreds of DVDs around even though you watch everything online now and aren't really sure where the remote for the DVD player is. You spend valuable time moving your piles around the house, but you can never find that piece of paper when you need it. Your house doesn't make you happy when you step into it. As you try out the many easy, doable solutions that helped Kathi win her battle with clutter, you'll begin to understand why you hold on to the things you do, eliminate what's crowding out real life, and make room for the life of true abundance God wants for you.

You probably have enough on your to-do list, and adding hours of exercise and perfect dieting to it won't guarantee hot-body results. Frankly, if a diet and fitness routine feels too strict or time consuming, it usually backfires and won't work long term. The solution? *Shape-Up Shortcuts*, the ultimate collection of fitness and diet tips from Jen Ator, CSCS, and the editors of *Women's Health*. This must-have manual offers hundreds of smart, effective tips and troubleshooting techniques that will help you transform your body—even if you can spare only 5 minutes a day! Inside, you'll find: More than 20 exclusive workouts from the country's top

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trainers that will reshape your body in less than 30 minutes Calorie-saving food swaps; quick, delicious recipes; and time-saving kitchen techniques to make cooking a breeze (even for beginners!) Hundreds of tips that work with your schedule—like 2-second life changers, postworkout beauty fixes, and slim-down secrets—to take the stress out of healthy living Shape-Up Shortcuts unlocks the secret to successful, lasting weight loss: It's all about doing a little bit better each day. So what are you waiting for? Get into the best shape of your life—now!

For twenty years in the eighteenth century, Georgia--the last British colony in what became the United States--enjoyed a brief period of free labor, where workers were not enslaved and were paid. The Trustees for the Establishment of the Colony of Georgia created a "Georgia experiment" of philanthropic enterprise and moral reform for poor white workers, though rebellious settlers were more interested in shaking off the British social system of deference to the upper class. Only a few elites in the colony actually desired the slave system, but those men, backed by expansionist South Carolina planters, used the laborers' demands for high wages as examples of societal unrest. Through a campaign of disinformation in London, they argued for slavery, eventually convincing the Trustees to abandon their experiment. In *The Short Life of Free Georgia*, Noeleen McIlvenna chronicles the years between 1732 and 1752 and challenges the conventional view that Georgia's colonial purpose was based on unworkable

assumptions and utopian ideals. Rather, Georgia largely succeeded in its goals--until self-interested parties convinced England that Georgia had failed, leading to the colony's transformation into a replica of slaveholding South Carolina.

Gluten-free cooking has never been this easy—or affordable! Tired of spending three times as much (or more) on gluten-free prepared foods? If you're ready to slash the cost of your grocery bill, you've come to the right place. In *Gluten-Free on a Shoestring*, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank. Inside this comprehensive cookbook, you'll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus Nicole's top money-saving secrets. Recipes include: Apple-Cinnamon Toaster Pastries • Focaccia • Spinach Dip • Ricotta Gnocchi • Chicken Pot Pie • Szechuan Meatballs • Tortilla Soup • Baked Eggplant Parmesan • Never-Fail White Sandwich Bread • Banana Cream Pie with Graham Cracker Crust • Blueberry Muffins • Cinnamon Rolls • Perfect Chocolate Birthday Cake With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, *Gluten-Free on a Shoestring* is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on by—happier, healthier, and wealthier.

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When it comes to your home, peace is possible... Longing for a place of peace from which you can love others well? The Clutter-Free Home is your room-by-room guide to decluttering, reclaiming, and celebrating every space of your home. Let author Kathi Lipp (who once lived a life buried in clutter) walk you through each room of your house to create organizational zones that are not only functional and practical but create places of peace that reflect your personality. Kathi will help you tackle the four-step process of dedicate, decide, declutter and “do-your-thing” to reveal the home you’ve always dreamed of, and then transform it into a haven that reflects who you truly are meant to be. If you’re also feeling overwhelmed by the care and upkeep of all the stuff under your feet or sense that your home is running you, instead of the other way around, come discover how to create a space that doesn’t have to be showroom perfect to be perfect for you and the people you love.

New York Times bestselling author and health and wellness pioneer Diane Sanfilippo brings her own experience with a ketogenic diet to Keto Quick Start, a comprehensive and easy-to-follow road map to transitioning to a keto lifestyle. There's a good reason keto has attracted so many followers: it's an effective tool for fat loss as well as a way of eating with proven benefits for many health concerns, including unstable blood sugar, neurological conditions, and epilepsy,

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to name a few. But getting started with keto and sticking with it can be tough. That's where "Keto Quick Start" comes in. In her signature practical style, Diane makes keto doable for everyone, whether you're completely new to very low carb eating or you've tried it before and want to find a better way to make it work for you. Keeping the focus on real foods that nourish your body, she walks you through a gentle transition to keto and helps you figure out how to make it sustainable for the long term. Keto Quick Start targets everyday real-world concerns such as what to expect in the first few weeks and how to know if you're on the right track, how to determine if you need more carbs and how to incorporate those carbs in a healthy way, how to customize keto for your personal goals (especially weight loss), and things to be aware of if you're concerned about a particular health issue. Keto Quick Start includes 100 delicious keto recipes, four weekly meal plans, more than a dozen easy meal ideas (no recipe required!), and troubleshooting tips and tricks. It also features a unique and easy-to-use template that makes tracking your food quick and simple. The recipes include: - Lemon Blueberry Keto Muffins - Kale, Bacon & Goat Cheese Frittata - Spaghetti Bolognese Bake - Powered-Up Bacon Cheeseburger - Shrimp Pad Thai - Pesto-Stuffed Mushrooms - Chocolate Orange Fudge - Creamy Peanut Butter Bites.

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Gluten free recipes perfected Successful gluten free recipes require more than just new ingredients. You need new techniques and that's where our test kitchen team can help. We tried thousands of recipes (most were pretty awful) before we figured out the secrets to making favorite foods without gluten. In this landmark book, we tell what works (and why) so you can successfully prepare lasagna, fried chicken, and fresh pasta in your kitchen. And we have reinvented the rules of baking to produce amazing cookies, cakes, breads, biscuits and more.

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