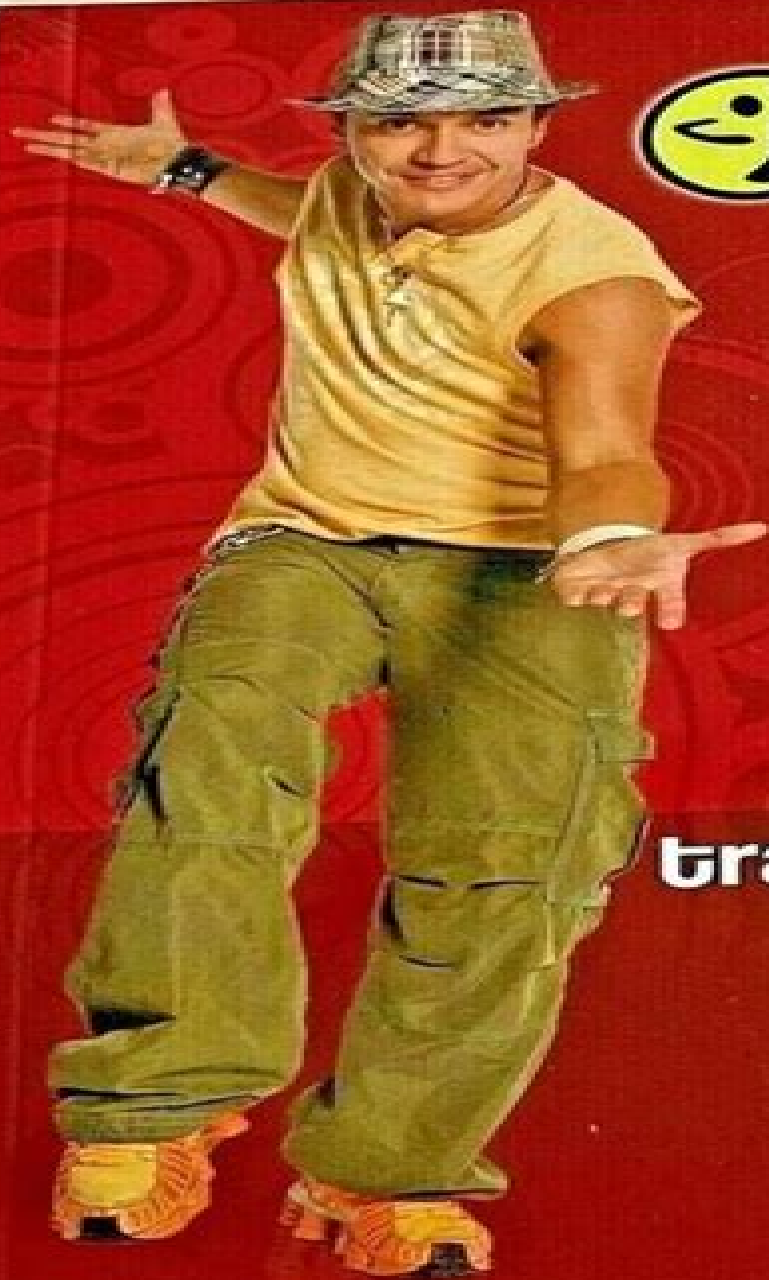




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Total Body Re-Set: A Simplified Fitness Guide for Busy Professionals To Own A High Performing Mind & Body Ankush S Bhaskar, 2025-09-05 Total Body Re Set by Ankush S Bhaskar is a practical fitness guide designed for busy professionals who want to rebuild their energy focus and confidence without following extreme diets or rigid gym routines The book simplifies fitness into an easy to apply lifestyle system that blends exercise nutrition recovery and mindset so readers can stay healthy while managing demanding schedules Using scientific insights real life examples and clear frameworks it teaches how to develop strength balance and sustainable habits that last beyond short bursts of motivation With a calm realistic tone the author helps readers reset their body rethink their habits and become their own lifelong fitness coach

Exercise and You - The Complete Guide Madeleine Smethurst, 2014-01-23 Exercising regularly helps us to maintain both good physical and psychological health as well as reducing our risk of developing chronic illnesses in the future It can also be a great social outlet and a good way to meet new people Exercise and You The Complete Guide is your straightforward and friendly guide to everything you need to know about exercise It is packed full of reliable information facts and sensible advice from both the NHS and the Health e Buddy team Covering a wide variety of topics that range from exercise benefits and types of exercise to basic nutrition and planning your routine this eBook is great for both newcomers to exercise and as a reference source for more seasoned athletes Go for it

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web sep 11 2019 died september 11 2019 edit data born sybil anne rivers in atlanta georgia she was raised in fairburn georgia and attended auburn university where she was a member of the delta delta delta sorority while at auburn she wrote a column for the student newspaper the auburn plainsman that favored integration

the house next door novel wikipedia - Jun 02 2022

web the house next door is a 1978 horror novel written by anne rivers siddons it was first published by simon schuster and became a new york times bestseller 1 the novel is told from the point of view of colquitt col kennedy a well to do middle aged woman who lives with her husband walter in a quiet affluent atlanta neighborhood

peachtree road novel wikipedia - Sep 05 2022

web publication date 1988 1 pages 832 isbn 9780061132971 peachtree road is an american novel published in 1988 by anne rivers siddons it is principally set in atlanta georgia and fictionalizes the experience of several wealthy atlanta families from the 1930s through the 1970s

anne rivers siddons imdb - Mar 31 2022

web anne rivers siddons writer heart of dixie anne rivers siddons is an american novelist who writes southern literature novels that are set in the southern states of america her bestseller heartbreak hotel heart of dixie 1989 was adapted to film starring ally sheedy phoebe cates virginia madsen and peter berg interestingly