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Yogalosophy Mandy Ingber, 2013-04-23 Provides a handbook to a twenty eight day yoga techniques program designed to enliven both the mind and body and includes effective workouts eating guidelines and daily affirmations *Yogalosophy* Mandy Ingber, 2013-05-07 Celebrity fitness guru Mandy Ingber reveals her health and fitness tips in this comprehensive workout plan with yoga at its core based on her best selling DVD Jennifer Aniston Kate Beckinsale Helen Hunt Brooke Shields In addition to their fame these actresses share something else in common they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber In *Yogalosophy* Ingber one of the most sought after fitness and wellness advisors in Los Angeles offers up a unique 28 day plan to help readers achieve healthier bodies and happier minds Building on the concepts offered in Ingber's popular *Yogalosophy* DVD this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body inside and out In addition to recipes and detailed body sculpting workouts which combine yoga postures with a wide range of other effective exercises Ingber also offers up wise insights and thought provoking anecdotes in each chapter encouraging readers to establish a healthier more life embracing mindset Full of girlfriend wisdom *Yogalosophy* is a realistic flexible daily plan that will help readers transform their minds their bodies and their lives *Yogalosophy for Inner Strength* Mandy Ingber, 2016-04-26 Heartbreak is a universal experience and self compassion is vital to healing In this moment of truth lies the opportunity to find action oriented ways to love yourself Building on the concepts in her New York Times best selling book *Yogalosophy* Mandy Ingber fitness and wellness instructor to the stars now gives us *Yogalosophy for Inner Strength* a revolutionary and inspiring self care program to uplift and strengthen the alignment of mind body heart and spirit during times of adversity like loss transition grief or heartbreak *Yogalosophy for Inner Strength* is a twelve week wellness program which includes five exercise routines for strength happiness and cardiovascular health as well as meditations recipes playlists and rituals designed to support the healing of the heart and build lasting resilience In *Yogalosophy for Inner Strength* Ingber incorporates anecdotes from her personal journey through loss and trying times and stories from experts within her inner circle of friends Whether you're experiencing crisis or simply feeling adrift *Yogalosophy for Inner Strength* will help guide and carry you through your transition by providing a path to emotional strength inner balance and ultimately to a greater capacity for true joy *Beauty Rewind* Taylor Chang-Babaian, 2014 *Beauty Rewind* is the essential guide for looking and feeling your best at every age From skin care treatments to emphasizing your best features celebrity makeup artist Taylor Chang Babaian gives you all the tools you need to age gracefully and beautifully Featuring stunning photos and inspirational step by step makeovers of women from their thirties to their sixties *Beauty Rewind* inspires you to embrace your inner and outer beauty and celebrate your life journey finding confidence and joy in the grace and strength each new year brings You will learn How to prevent and correct premature skin aging How to avoid or diminish wrinkles The best treatments for problem skin How to use makeup to de age

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Herbenick,2015-06-09 The Coregasm Workout is a revolutionary new book that provides natural safe and effective techniques for enhancing sex through fitness Developed by leading sex researcher educator and columnist Dr Debby Herbenick The Coregasm Workout introduces simple science backed exercises to make working out more fun and sex lives more satisfying Debby has developed The Coregasm Workout based on her deep background in health science and unprecedented research on exercise induced arousal in order to bring fitness and sexuality closer together Her fact based methods are specifically designed to improve orgasm and have been tested refined and proven by real women for women The Coregasm Workout will help improve your sex life and help you enjoy exercising more often through four C O R E principles Challenge yourself through cardio reps and resistance Order matters it s not just the kind of exercises you do but the order in which you do them Relax and receive be open to the experience of coregasm Engage your lower abs muscles often strongly linked to coregasm Fun fascinating and useful The Coregasm Workout offers new exercise techniques for women who want to stay sexy healthy and fit and enjoy the benefits of the gym in the bedroom **The Posh Girl's Guide to Play** Alexis Lass,2013-10-08 Because little black handcuffs go with everything In The Posh Girl s Guide to Play former dominatrix Alexis Lass leads you into the romantic and wildly glamorous world of dominance submission and sexual fantasy Blending hot how to s with sexy his and her stories Lass with a little help from her lover Mr H offers down to earth advice on everything from dirty talk to spanking to sensory deprivation She discloses how to tap into your deepest desires to enjoy the power and delight of role play all while feeling safe and sensual and shares her insight on the psychological aspect of this kind of intimacy including Establishing trust between partners The yoga like benefits of submission Building erotic tension Advancing the play for the adventurous Bold and sexy tantalizing and intelligent The Posh Girl s Guide to Play is the perfect beginner s guide to add a little spice to your sex life and go from no way to let s play

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