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Think and Grow Rich
Advanced Reservoir Engineering
Incite, Dreams Realized
Gamer Girl
Unnatural Instinct and Then I Told the President

Foul Trouble

Welcome to a future where water is more precious than oil or gold
Hundreds of millions of people have already died, and millions more will soon fall-victims of

disease, hunger, and dehydration. It is a time of drought and war. The rivers have dried up, the polar caps have melted, and drinkable water is now in the hands of the powerful few. There are fines for wasting it and prison sentences for exceeding the quotas. But Kai didn't seem to care about any of this. He stood in the open road drinking water from a plastic cup, then spilled the remaining drops into the dirt. He didn't go to school, and he traveled with armed guards. Kai claimed he knew a secret-something the government is keeping from us And then he was gone. Vanished in the middle of the night. Was he kidnapped? Did he flee? Is he alive or dead? There are no clues, only questions. And no one can guess the lengths to which they will go to keep him silent. We have to find him-and the truth-before it is too late for all of us.

One Hundred Great Essays Plus Mywritinglab -- Access Card Package

Marine Auxiliary Machinery, Seventh Edition is a 16-chapter text that covers the significant advances in marine auxiliary machinery relevant to the certification of competency examinations. The introductory chapters deal with the basic components of marine machineries, such as propulsion system, heat exchanger, valves, and pipelines. The succeeding chapters describe the pumps and pumping system, specifically the tanker and gas carrier cargo pumps. Considerable chapters

are devoted to the operation of machinery's major components, including the propeller shaft, steering gear, auxiliary power, bow thrusters, and stabilizers. Other chapters consider the refrigeration, heating, ventilation, and air conditioning systems. The final chapters tackle the safety system of marine auxiliary machinery, particularly the fire protection, safety, instrumentation, and control systems. This book will prove useful to marine and mechanical engineers.

1000 Best Smart Money Secrets for Students

FBI medical examiner Jessica Coran joins forces with her best friend Kim Desinor, an FBI agent and psychic, to find a judge who is being held hostage by the father of a man she sentenced to death. Reprint.

Marine Auxiliary Machinery

As the title suggests, this is an introductory book covering the basics of corrosion. It is intended primarily for professionals who are not corrosion experts, but may also be useful as a quick reference for corrosion engineers. Included in the 12 chapters are discussions of the physical principles and characteristics of corrosion, help in recognizing and preventing corrosion, and techniques for diagnosing corrosion failures.

Corrosion

This new text presents calculus with solid mathematical precision but with an everyday sensibility that puts the main concepts in clear terms. It is rigorous without being inaccessible and clear without being too informal--it has the perfect balance for instructors and their students.

Engineering Fundamentals of the Internal Combustion Engine: Pearson New International Edition

Marooned in Constantinople in the midst of the Turks' war with their native Russia, young beauty Yamina and her seriously ill father risk being exposed and lynched as spies. One day in the Bazaar, Yamina witnesses an ugly scene as a Turkish mob sets upon a man they suspect is a Russian spy. She is rescued by the noble handsome English diplomat, Lord Castleford, and no sooner is she safely home than the Turks are searching house-to-house for Russians and, worse still for Yamina, her beloved then father dies. Now all alone in a hostile world and in a desperate bid to escape certain death, she finds herself enslaved in the Sultan's harem where an even worse fate awaits her. Her friends in the harem smuggle her aboard a ship bound for the safety of Athens hidden in a golden trunk, a gift from the Sultan to the new British Ambassador to Greece. To her horror, the new

Ambassador is none other than Lord Castleford himself, who is furious at her intrusion, until one night a passionate kiss changes everything forever and Yamina and his Lordship become slaves, not to the Seraglio, but to love. Ê

The Water Wars

For the millions of readers of Napoleon Hill's classic bestseller Think and Grow Rich comes this inspiring journal-the ultimate way to add riches and success into their lives. Designed to be used in conjunction with Hill's original classic, The Think and Grow Rich Success Journal is a tool that will help readers chronicle their thoughts as they go through the Think and Grow Rich journey, but also remind them to list desires, record questions, make lists, express "a-ha" moments, and more. This wonderfully packaged journal comes with plenty of pages for a complete ninety-day experience. By writing down the successes that they encounter as they read Think and Grow Rich, readers will become more accustomed to acknowledging the opportunities and riches they already have and receive on a daily basis. With this book, they'll be able to retrain the mind to see prosperity every day, and create new habits of success that will yield long-term results. The Think and Grow Rich Success Journal includes: *Inspiring quotes from Think and Grow Rich *A motivational checklist to stay focused and on track *A section for "Imagination Ideas" *Daily "Success Tips" *Journal to write your Success Notes *The classic "You Six Steps to Success" *and so much more NEW! Also includes an empowering CD

of success quotes and affirmations! The Think and Grow Rich Success Journal will become the essential tool to help each reader notice more, experience more, and receive more.

Mystery Walk

In this tale of high-spirited and terrifying adventure, set against the background of the West that Larry McMurtry has made his own, *By Sorrow's River* is an epic in its own right, with an extraordinary young woman as its leading figure. At the heart of this third volume of his Western saga remains the beautiful and determined Tasmin Berrybender, now married to the "Sin Killer" and mother to their young son, Monty. *By Sorrow's River* continues the Berrybender party's trail across the endless Great Plains of the West toward Santa Fe, where they intend, those who are lucky enough to survive the journey, to spend the winter. They meet up with a vast array of characters from the history of the West: Kit Carson, the famous scout; Le Partezon, the fearsome Sioux war chief; two aristocratic Frenchmen whose eccentric aim is to cross the Great Plains by hot air balloon; a party of slavers; a band of raiding Pawnee; and many other astonishing characters who prove, once again, that the rolling, grassy plains are not, in fact, nearly as empty of life as they look. Most of what is there is dangerous and hostile, even when faced with Tasmin's remarkable, frosty sangfroid. She is one of the strongest and most interesting of Larry McMurtry's women characters, and is at the center of this

powerful and ambitious novel of the West.

A House to Remember

Billionaire Max Hamilton thought he was finally starting to find contentment, more than two years after losing his wife Mia in a tragic drowning accident. He'd been reunited with a sister he hadn't realized existed. Finally he had family again, a reprieve from the pain and loneliness that had haunted him since his devastating loss. Yeah he was as happy as a man could be, considering he had lost the other half of his soul and most of his heart when fate had torn his wife away from him. Or so he believed until the day he rescued a mysterious woman in the park, a female who somehow had managed to reignite a part of him that he thought was long dead Suddenly, Max's protective, dominant, possessive male instincts flare to life, leaving him at a loss as to how lightning could possibly strike twice in one lifetime. Is he truly being given another chance at real happiness, or would it be dangled in front of him, only to be taken away once again? Find out by reading *The Billionaire's Salvation*, Book 3 in The New York Times Bestselling series, *The Billionaire's Obsession*. This is a complete contemporary erotic romance novel with no cliffhangers!

False Scent (The Ngaio Marsh Collection)

Paris Out of Hand

Expressive. Brave. Enchanting. Soul-kindling. Compelling. The best of mixed media. All of these are embodied in the premier edition of Incite. The 93 artists behind these incredible works (more than 120 total!) share their stories of artistic visions fulfilled, lofty goals achieved and daunting obstacles overcome. From persevering through personal struggles to mastering difficult mixed-media techniques, from collage and encaustic to assemblage and jewelry, the stories and art in Incite, Dreams Realized will inspire you to think big, never give up and dare to realize your own dreams. "My dream for my art is to share a private moment, a part of my soul and a feeling of magic." - Marty Husted "Give rise to your future through creative endeavor." - Judith Randall

How to be a Brilliant English Teacher

An illustrated guide to a surrealist Paris. At the Cinema l'Ange des Sables, they show only movies shot in the desert, while in the Cafe Dada you insert food into an automatic dispenser and get money. By the author of The Red Shoes.

Empire of Bones

One Hundred Great Essays collects one-hundred of the most teachable and rewarding essays used in today's college composition class. The anthology combines classic, commonly taught essays with frequently anthologized contemporary essays by today's most highly regarded writers. The selections are broadly diverse in both subject matter and authorship. Essays have been selected as both models for good writing and useful springboards for student writing. An introductory section discusses the qualities of the essay form and offers instruction on how to read essays critically, and shows students how to use the writing process to develop their own essays

The Nietzsche Legacy in Germany

Bard's Oath

With college recruiters clamoring to sign up him up, Terrell Jamerson will have to think fast if he wants to stay in the game.

Case Files Psychiatry

The closest a student can get to the wards without seeing patients! Designed to

teach through clinical cases, this text offers 60 of the most common clinical problems in psychiatry along with case discussion questions, clinical pearls, key terms and concepts, and USMLE-style questions and answers to reinforce learning. This is an excellent study guide for the psychiatry shelf exam and the USMLE Step 2.

Red Hat RHCSA/RHCE 7 Cert Guide

Maddy's life couldn't get much worse. Her parents split and now she's stuck in a small town and at a new school. Most of the time, she retreats into her manga art, but when she gets into the Fields of Fantasy online computer game, she knows she's found the one place she can be herself. In the game world, Maddy can be the beautiful and magical Allora and have a virtually perfect life. And she even finds a little romance. But can Maddy escape her real-life problems altogether, or will she have to find a way to make her real world just as amazing as her virtual one?

A History of Greece

Hunted and on the run, Cyrus and Antigone Smith race to find the inheritance left to them by their benefactor, Billy Bones, before rampaging transmortals can descend on Ashtown and free their buried brothers.

Cold River

American Constitutional Law, Volume II provides a comprehensive account of the nation's defining document, examining how its provisions were originally understood by those who drafted and ratified it, and how they have since been interpreted by the Supreme Court, Congress, the President, lower federal courts, and state judiciaries. Clear and accessible chapter introductions and a careful balance between classic and recent cases provide students with a sense of how the law has been understood and construed over the years. The Tenth Edition has been fully revised to include twelve new cases, including key decisions *Obergefell v. Hodges*, *Burwell v. Hobby Lobby Stores*, *Shelby County v. Holder*, *Horne v. Department of Agriculture*, and *Riley v. California*. A revamped and expanded companion website offers access to even more additional cases, an archive of primary documents, and links to online resources, making this text essential for any constitutional law course.

Holt Science and Technology

Another classic Ngaio Marsh novel reissued.

Wildalone

What happened at 10 Rillington Place was so shocking and gruesome that even today everyone over a certain age still remembers the case with a shudder. In 1950, Timothy Evans was hanged for the violent murder of his baby daughter; he was also assumed to have murdered his wife. Then, less than three years later, another tenant, John Christie, was found to have killed at least six women, hiding their bodies in the garden, under floorboards and in a concealed kitchen alcove. Christie followed Evans to the gallows. It seemed unlikely that two murderers were living at 10 Rillington Place, and the evidence that emerged in the Christie case eventually led to Evans receiving a pardon. But there was also circumstantial evidence that Evans had indeed killed his wife and child. Crime student Edna Gammon firmly believes that Evans was guilty. In *A House To Remember*, she explains why.

The Slaves Of Love

Advanced Reservoir Engineering offers the practicing engineer and engineering student a full description, with worked examples, of all of the kinds of reservoir engineering topics that the engineer will use in day-to-day activities. In an industry where there is often a lack of information, this timely volume gives a comprehensive account of the physics of reservoir engineering, a thorough knowledge of which is essential in the petroleum industry for the efficient recovery of hydrocarbons. Chapter one deals exclusively with the theory and practice of

transient flow analysis and offers a brief but thorough hands-on guide to gas and oil well testing. Chapter two documents water influx models and their practical applications in conducting comprehensive field studies, widely used throughout the industry. Later chapters include unconventional gas reservoirs and the classical adaptations of the material balance equation. * An essential tool for the petroleum and reservoir engineer, offering information not available anywhere else * Introduces the reader to cutting-edge new developments in Type-Curve Analysis, unconventional gas reservoirs, and gas hydrates * Written by two of the industry's best-known and respected reservoir engineers

Calculus (Paper)

A comprehensive guide to understanding the language of C offers solutions for everyday programming tasks and provides all the necessary information to understand and use common programming techniques. Original. (Intermediate).

What Is Left the Daughter

The McMahon-Husayn correspondence greatly affected Anglo-Arab relations after the First World War. Written in obscure and ambiguous terms, it aroused great controversy, particularly over the issue of Palestine. Originally published in 1976,

this study brought together for the first time all the available evidence from British, French and Arabic sources and elucidated the meaning of the correspondence. The controversy led to many enquiries within the Foreign Office as to the exact meaning and significance of the documents. Even before Palestine became a pressing issue, the formulation of British policy in the Middle East during the war and at the post-war settlement had occasioned other investigations. In the first part of this book Professor Kedourie examines the correspondence in its historical context to determine why its terms were so obscure and what lay in the minds of those who drafted it. The second part is an historiographical enquiry which reviews the widely differing interpretations of the correspondence which were produced in various departments of the Foreign Office from 1916 to 1939, when the correspondence was made public.

Hokus Pokus

Now in its second edition, Trevor Wright's hugely popular How to be a Brilliant English Teacher is packed with practical advice drawn from his extensive and successful experience as an English teacher, examiner and teacher trainer. This accessible and readable guide offers sound theoretical principles with exciting practical suggestions for the classroom. Fully updated to include a new expanded section on differentiation and inclusion, as well as covering new material on behaviour management and teaching poetry for enjoyment and personal response,

this book tackles other tricky areas such as: Starting with Shakespeare Effective planning and assessment Learning to love objectives Working small texts and big texts Drama. Trainee teachers will find support and inspiration in this book and practising English teachers can use it as an empowering self-help guide for improving their skills. Trevor Wright addresses many of the anxieties that English teachers face, offering focused and realistic solutions.

Petroleum Refining

Fans of both Percy Jackson and Indiana Jones will be captivated by the lost civilizations, ancient secrets, and buried treasure found in the second book of the Ashtown Burials series, action-packed adventure by N. D. Wilson, the author of Leepike Ridge and the 100 Cupboards trilogy. It's been almost a year since Cyrus and Antigone Smith earned their places as Journeymen at Ashtown, home of an ancient order of explorers that has long guarded the world's secrets and treasures. While their studies go well, Cy and Tigs are not well liked since losing the Dragon's Tooth to the nefarious Dr. Phoenix. The Tooth is the only object in the world capable of killing the long-lived transmortals, and Phoenix has been tracking them down one-by-one, and murdering them. The surviving transmortals, led by legendary warrior Gilgamesh of Uruk, descend on Ashtown in force, demanding justice. Cy and Tigs find themselves on the run in a desperate search to locate Phoenix and regain the Tooth. In the process, they uncover an evil even more

dangerous than Phoenix, one that has been waiting for centuries to emerge.

The Body Fat Breakthrough

Countless attempts have been made to appropriate the ideas of Friedrich Nietzsche for diverse cultural and political ends, but nowhere have these efforts been more sustained and of greater consequence than in Germany. Aschheim offers a magisterial chronicle of the philosopher's presence in German life and politics.

MASTERING ALGORITHMS WITH C. Avec une disquette

Essays by a humorist-satirist on the paradoxical elements and situations of the American mind and society.

The Drowned Vault (Ashtown Burials #2)

An “impressive” tale of psychic power, Native American mysticism, and an ancient evil in Alabama, from the New York Times–bestselling author of *Swan Song* (Associated Press). Born and raised in rural Alabama, Billy Creekmore was destined to be a psychic. His mother, a Choctaw Indian schooled in her tribe’s ancient

mysticism, understands the permeable barrier between life and death—and can cross it. She taught the power to Billy and now he helps the dead rest in peace. Wayne Falconer, son of one of the most fervent tent evangelists in the South, travels the country serving his father’s healing ministry. Using his unique powers to cure the flock, Little Wayne is on his way to becoming one of the popular and successful miracle workers in the country. He helps the living survive. Billy and Wayne share more than a gift. They share a dream—and a common enemy. They are on separate journeys, mystery walks that will lead them toward a crossroad where the evil of their dreams has taken shape. One of them will reject the dark. The other will be consumed by it. But neither imagined just how monstrous and far-reaching the dark was, or that mankind’s fate would rest in their hands during an epic showdown of good versus evil. From the author of *Gone South*, *Boy’s Life*, and the *Matthew Corbett* series, a master of suspense who has won the World Fantasy and Bram Stoker Awards, *Mystery Walk* offers “creepy, subtle touches throughout [and] splendid Southern-town atmosphere” (Kirkus Reviews).

The Billionaire's Salvation

A two-time National Book Award finalist delivers a stirring tale of the passions - tender, obsessive, even murderous - that are unleashed by a wartime love triangle. Seventeen-year-old Wyatt Hillyer is suddenly orphaned when his parents, within hours of each other, jump off two different bridges - the result of their separate

involvements with the same compelling neighbor, a Halifax switchboard operator and aspiring actress. The suicides cause Wyatt to move to small-town Middle Economy to live with his uncle, aunt, and ravishing cousin Tilda. Setting in motion the novel's chain of life-altering passions and the wartime perfidy at its core is the arrival of the German student Hans Mohring, carrying only a satchel. Actual historical incidents - including a German U-boat's sinking of the Nova Scotia-Newfoundland ferry Caribou - lend intense narrative power to Norman's uncannily layered story. Wyatt's account of the astonishing events leading up to his fathering of a beloved daughter spills out twenty-one years later. *What Is Left the Daughter* is Howard Norman at his celebrated best. From the Trade Paperback edition.

In the Anglo-Arab Labyrinth

Describes the means to financial and personal success, inspired by Andrew Carnegie's personal formula.

By Sorrow's River

In this enchanting and darkly imaginative debut novel full of myth, magic, romance, and mystery, a Princeton freshman is drawn into a love triangle with two enigmatic brothers, and discovers terrifying secrets about her family and

herself—a bewitching blend of *Twilight*, *The Secret History*, *Jane Eyre*, and *A Discovery of Witches*. Arriving at Princeton for her freshman year, Thea Slavin finds herself alone, a stranger in a strange land. Away from her family and her Eastern European homeland for the first time, she struggles to adapt to unfamiliar American ways and the challenges of college life—including an enigmatic young man whose brooding good looks and murky past intrigue her. Falling into a romantic entanglement with Rhys and his equally handsome and mysterious brother, Jake, soon draws Thea into a sensual mythic underworld as irresistible as it is dangerous. In this shadow world that seems to mimic Greek mythology and the Bulgarian legends of the Samodivi or “wildalones”—forest witches who beguile and entrap men—she will discover a shocking secret that threatens everything she holds dear. And when the terrifying truth about her own family is revealed, it will transform her forever . . . if she falls under its spell. Mesmerizing and addictive, *The Wildalone* is a thrilling blend of the modern and the fantastic. Krassi Zourkova creates an atmospheric world filled with rich characters as fascinating and compelling as those of Diana Gabaldon, Deborah Harkness, and Stephenie Meyer.

The Think and Grow Rich Success Journal

American Constitutional Law, Volume II

Not Even An Ocean Can Keep The Sisterhood From Helping A Friend In Need. . . There is no match for the Sisterhood--the seven friends who have taken vigilante justice to a new level--not even the Federal Bureau of Investigation. Although the women foiled former FBI director Mitch Riley's plot to frame their friends Judge Nellie Easter and lawyer Lizzie Fox, now they must remain in exile or risk capture. They can't complain about their opulent digs on a remote, luxurious mountaintop, but the ladies desperately miss home. Their wish to return might come true sooner than they expect when they receive a panicked call from Supreme Court Chief Justice Pearl Barnes, who faces blackmail for her own illegal brand of justice. Now the women must not only sneak back into the United States, but also remain undetected as they investigate. But how do you make seven women disappear? With a nosy reporter on the brink of exposing them, the clock is ticking as the Sisterhood tries to create a little magic--and save the day. . . Praise for Fern Michaels and her Sisterhood novels. . . "Revenge is a dish best served with cloth napkins and floral centerpieces. . .fast-paced. . .puts poetic justice first." --Publishers Weekly on Payback "An unforgettable story." --Rendezvous on Weekend Warriors

Think and Grow Rich

Trust the best-selling Cert Guide series from Pearson IT Certification to help you learn, prepare, and practice for exam success. Cert Guides are built with the

objective of providing assessment, review, and practice to help ensure you are fully prepared for your certification exam. Master Red Hat RHCSA (EX200) and RHCE (EX300) exam topics Assess your knowledge with chapter-opening quizzes Review key concepts with exam preparation tasks Test yourself with 4 practice exams (2 RHCSA and 2 RHCE) Gain expertise and knowledge using the companion website, which contains over 40 interactive exercises, 4 advanced CLI simulations, 40 interactive quizzes and glossary quizzes (one for each chapter), 3 virtual machines and more. Red Hat RHCSA/RHCE 7 Cert Guide presents you with an organized test preparation routine through the use of proven series elements and techniques. “Do I Know This Already?” quizzes open each chapter and allow you to decide how much time you need to spend on each section. Exam topic lists make referencing easy. Chapter-ending labs help you drill on key concepts you must know thoroughly. Red Hat RHCSA/RHCE 7, Premium Edition eBook and Practice Test focuses specifically on the objectives for the newest Red Hat RHCSA (EX200) and RHCE (EX300) exams reflecting Red Hat Enterprise Linux 7. Expert Linux trainer and consultant Sander van Vugt shares preparation hints and test-taking tips, helping you identify areas of weakness and improve both your conceptual knowledge and hands-on skills. Material is presented in a concise manner, focusing on increasing your understanding and retention of exam topics. Well-regarded for its level of detail, assessment features, comprehensive design scenarios, and challenging review questions and exercises, this study guide helps you master the concepts and techniques that will allow you to succeed on the exam the first time.

This study guide helps you master all the topics on the new RHCSA (EX200) and RHCE (EX300) exams, including Part 1: RHCSA Basic System Management: Installation, tools, text files, server connections; user, group, and permissions management; network configuration Operating Running Systems: Process management, VMs, package installation, task scheduling, logging, managing partitions and LVM logical volumes Advanced System Administration: Basic kernel management, basic Apache server configuration, boot procedures/troubleshooting Managing Network Services: Using Kickstart; managing SELinux; configuring firewalls, remote mounts, FTP, and time services Part 2: RHCE System Configuration/Management: External authentication/authorization, iSCSI SANs, performance reporting, optimization, logging, routing/advanced networking, Bash scripting System Security: Configuring firewalls, advanced Apache services, DNS, MariaDB, NFS, Samba, SMTP, SSH, and time synchronization

Advanced Reservoir Engineering

Find \$ Make \$ Save \$ Expert Debby Fowles shows you: Before College -Nine little-known places to look for scholarships -13 tips for winning scholarships -Maximize your eligibility for financial aid -17 secrets to save money on college housing At School -Creative ways to control entertainment costs -12 cash-generating ideas -Textbook websites that will save you money -The secrets of successful budgeting -8 warnings about student loans -Get the best jobs on campus Avoid graduating

from school with a mountain of debt!

Incite, Dreams Realized

For a one-semester, undergraduate-level course in Internal Combustion Engines. This applied thermoscience text explores the basic principles and applications of various types of internal combustion engines, with a major emphasis on reciprocating engines. It covers both spark ignition and compression ignition engines—as well as those operating on four-stroke cycles and on two stroke cycles—ranging in size from small model airplane engines to the larger stationary engines.

Gamer Girl

A sequel to Dragon and Phoenix finds vengeful master bard Leet fashioning a dark magical harp to enchant dragonlord favorite Raven, an act that raises the suspicions of Linden Rathan, who risks everyone he loves to stop Leet's society-threatening plot. 25,000 first printing.

Unnatural Instinct

Return to Black Falls in the second thrilling novel of this classic romantic suspense series by New York Times bestselling author Carla Neggers. Hannah Shay has finally shown the town of Black Falls what she's worth. Her Three Sisters Cafe is a success, and she's soon to become a prosecutor. When the cafe becomes an epicenter for investigators trying to pierce a violent crime ring that's leaving bloody trails on nearby Cameron Mountain, Hannah suspects a man from her past is involved. Sean Cameron returns to the snowy cold of his Vermont hometown to unmask his father's killer. Sean has the skills and resources to mount his own search, but he must convince the resistant Hannah to cooperate—because the killer is ready to strike again...and closer than anyone ever imagined. Originally published in 2009

and Then I Told the President

Turn on fat-burning hormones with a special 1-day-per-week workout system and a controlled-calorie eating plan Anyone who desperately wants to lose 10 to 50 or more pounds but just can't find the time to exercise three, four, five times a week is going to love The Body-Fat Breakthrough. It requires is just one, 20-minute resistance training workout a week using negative (or eccentric) training, the little-known weightlifting technique used by bodybuilders to trigger fast muscle growth and burn more fat. Legendary fitness researcher Ellington Darden, PhD, put 115 overweight men and women on this workout program and achieved remarkable

results, which are illustrated in the book through 20 inspiring before and after photographs. Many test subjects lost significant weight while gaining muscle. Some lost 30, 40, even more than 50 pounds in as many days and transformed their bodies and their health. Negative training is just one of 10 "FAT BOMBS" demonstrated in the book. These action steps combine to produce fast body transformations. Other FAT BOMBS include: A unique meal plan in which the bulk of calories come from carbohydrates (50% carbs; 25% protein; 25% fat), offering readers an appealing new way to lose weight without sacrifice Drinking a gallon of cold water a day to stay full and hydrated, and to boost calorie burn through thermogenesis Evening after-dinner walks to accelerate body heat, triggering increased fat loss

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