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The Girl In The Forest Carmen Weiz, 2020-12-06 From the pine tree forests in Switzerland a thriller romance which will take your sleep away A sad twist of the destiny catapults Anna a young Brazilian woman into a reality greater than her Driven by desire to help and make the good she ll find herself slave of human trafficking gangs in the hands of merciless torturers ready to sell her to the richest bidder Only using her cunning she ll be able to escape helped by the Swiss officer Thomas Graff a man with an icy heart and past he can t leave behind The crash between two different cultures that will make sparks fly This is Anna s story undeservedly a victim like many other women Among intrigues betrayal crimes and games of fate the young lady will fight for freedom and love First volume of the Swiss Stories which can be read on its own Recommended for an adult audience

Stone Cold Magic | FREE Fantasy Book Jayne Faith, 2017-11-10

Mindful Eating For Dummies Laura Dawn, 2014-08-19 Mindful Eating Embrace mindful eating and be a whole new you Are you struggling to lose weight Wanting to end chronic overeating Are you seeking a healthier relationship with food Say goodbye to yo yo dieting and find a long term sustainable solution to health and weight loss with Mindful Eating For Dummies This comprehensive guide will show you how to avoid negative thought patterns reduce overeating and establish a healthy relationship with food through scientifically proven methods Don t be mindless kick mindlessness to the curb by understanding bad habits and overeating triggers Embrace the journey dive right in to the mindful eating journey by setting realistic expectations and keeping a journal Get mindful with meal prep establish good habits in your kitchen to prepare meals mindfully Overcome obstacles explore your strong cravings navigate mindless mistakes and make mindfulness part of your busy schedule Open the book and find Tips to help reduce overeating How mindful eating can increase enjoyment of food Tricks to maintain a supportive mindful mindset How to identify your hunger and fullness levels The lowdown on implementing mindful eating for families Ways to maintain mindful eating in social situations

Beauty Sleep Dr. Michael Breus, 2007-10-30 The first step in becoming beautiful is getting a good night s sleep What if there was a way to give yourself a total makeover that didn t require investing in dozens of products What if you could lose weight look younger and improve your sex life in only four weeks The solution to your problems doesn t call for lengthy treatments at health spas or expensive surgeries and it won t require you to give up all of your favorite foods All you need to do is get a good night s sleep Research shows that sleep deprivation affects every aspect of our lives With a good night s sleep your skin will glow you will no longer crave unhealthy foods and you ll increase your sex drive Dr Michael Breus has outlined a program that will not only help you to get a better night s sleep tonight but will give you the tools to become more beautiful than you ve ever been

The Bates Method - Perfect Sight Without Glasses William H. Bates, Emily A. Bates, 2017-06-29 See our YouTube

Channel for VIDEOS of the book with color pictures animations video in video Natural Eyesight Improvement training by Bates Method author teacher Clark Night https://www.youtube.com/watch?v=GhEy4Ys_pKU This book is the Google Play text version of Perfect Sight Without Glasses Contains only Ophthalmologist Bates book Better Eyesight Magazine extra training pictures to learn the method quickly and eyecharts Dr W H Bates started his career as an orthodox ophthalmologist following the old long time rules of the practice prescribing eyeglasses During his practice working with different patients eye conditions he realized that unclear close distant vision astigmatism and other conditions often cured itself reversed back to clear vision especially when his patients stopped wearing their eyeglasses and relaxed He noticed that wearing glasses tensed the eyes eye muscles lowered the vision and resulted in stronger and stronger eyeglass lens prescriptions being needed in order to see clear through the glasses He began his own studies on the eye and its function This led him to discover that many of the old ophthalmology optometry supposed facts about the eye lens and its function and cause of unclear vision are incorrect Dr Bates began teaching his patients to stop wearing their glasses He taught them natural methods including relaxation correct use of the eyes vision shifting to produce clear vision Dr Bates cured his own eyesight close vision presbyopia Distant vision also clear He wrote an article in his book magazine describing how he did it with Memory Imagination Relaxation He controlled changed the focus of light rays in his eyes with his mind Dr Bates performed experiments on the eyes of animals and observed the function of animal patient s eyes under different conditions He used the retinoscope to see the refraction of light rays in the eye under various conditions He proved that the refraction clarity of vision changes often And when the eyes are left alone eyeglasses avoided the refraction clarity returns to normal clear vision He proved that the state of the mind thoughts emotions body change the refraction of the eye clarity of vision Example when the mind body is relaxed positive happy thoughts emotions the refraction is normal and vision is clear When the mind body is under stress strain the refraction is abnormal and vision is unclear Dr Bates discovered that the main cause of unclear vision and other eye problems is Wearing Eyeglasses Mental Strain Mental Visual Effort to See Poor Vision Habits incorrect use of the eyes vision squinting staring not shifting lack of normal relaxed eye movements lack of central fixation poor memory and imagination Perfect Sight occurs with Perfect Relaxation deep or active dynamic relaxation Relaxation occurs first and then the eyesight becomes clear Practicing normal relaxed eye vision function induces relaxation of the mind eyes and perfect clarity Dr Bates experiments on the outer eye muscles proved that tension in these muscles mainly caused by eyeglasses strain in the mind incorrect vision habits disrupts their function the eyes movement accommodation convergence unaccommodation divergence causes pressure tension pulling on in the eye alters the eyes shape and lens retina disrupts refraction focus of light rays in the eye on the retina and the clarity of vision When the mind is strained tense the brain and retina do not communicate function together at optimum level Function of the retina is lowered Relaxing the mind returning normal eye movement relaxes the outer inner eye muscles returns the eyes lens retina to normal shape with clear vision

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Backpacker, 2007-09 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure Backpacker is the world's first GPS-enabled magazine and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature, and product innovation, has become the gold standard against which all other outdoor industry awards are measured.

Beauty Sleep Michael Breus, 2007 A WebMD sleep consultant draws on cutting-edge information to present an accessible reference to sleeping well, citing the role of sleep deprivation in such health concerns as poor eating, aging, and growth, in a resource that outlines a twenty-eight-night program for addressing short-term sleep problems. Originally published as *Good Night*, Reprint 25,000 first printing.

Nightmares of Caitlin Lockyer Demelza Carlton, 2013-07-30 Start reading this free romantic suspense thriller novel now! I saved her life. They said I was a hero. But they didn't know the whole story. And if anyone finds out she's the one who'll pay with her life, Caitlin's nightmares hold the key to finding my sister's killer. But the more of her dark secrets I uncover, the deeper I fall. In love with the girl who should be forbidden. How can I keep her safe when the greatest danger to her is me? Start reading this completed series today!

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