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Natasha Duswalt



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Beyond Diet Plan Brittany Samons, 2014-04-09 People pay a high price when it comes to good health and nutrition. Some people go to the gym, others purchase costly supplements and exercise machines, while there is another group of people that undergo dangerous surgical procedures just to look trim and slim. Is it all really necessary to get the body that you dream of? Do you really need to pay an arm and a leg and sacrifice your safety just to look great? A new healthy lifestyle program has been sweeping dieters and people that would like to look and feel better. It is called the Beyond Diet. The Beyond Diet is a diet focusing on achieving a healthy and trim body. It has been chosen by many because of the diet feasible meal plans and easy to use recipes. The diet does not restrict eating much of the foods that you have grown to love and look for, but instead it encourages eating those in smaller amounts and less frequently.

Diet And Weight Loss Volume 2: Green Smoothies, Beyond Diet Recipes and Ketogenic Diet Speedy Publishing, 2019-11-22 Green smoothies and the keto diet do not just help you lose weight. They also make your body healthy by giving it what it needs to function. If you can stick to your diet plans, you will slowly begin to appreciate their benefits like improved energy and overall happiness. So don't just lose weight. Be healthy too.

Twentysomething Girl Melissa Fiorenza, Laura Serino, 2013-04-10 Did you know that spritzing vodka on your clothes can kill musty odors? That airline tickets are the cheapest on Tuesdays? And that exboyfriendjewelry.com is a reputable place to peddle old baubles from your ex? These are just a few of the 1,001 bite-sized pieces of wisdom that fill the pages of the fun, friendly, and practical *Twentysomething Girl*. As anyone who has survived their twenties knows, it can be both an exciting and chaotic time as one makes the transition from college co-ed to young professional. This go-to guide covers categories including everything from finance and fashion to careers and entertaining, with quick tips that will aid any *twentysomething girl* in mastering the balance between work and play. The authors, veteran magazine editors and current freelance writers, have tapped every applicable outlet: professionals, print publications, web resources, celebrities, and real *twentysomethings* to fashion the most indispensable book for the *twentysomething girl*. Whether it's nabbing that dream job, finding time for Mr. Right, or managing your wardrobe budget, this guide reveals the secrets to keeping your sanity while having it all.

Women Who Rock Natasha Duswalt, 2017-03-23 In this unprecedented collaboration, Natasha Duswalt, author, speaker, and founder of Peak Models Talent, and 33 other extraordinary women share their personal and inspirational stories of success. These empowering and uplifting stories by women from all walks of life have overcome challenges, solved problems, or changed their lives for the better. They will help you find your own inner strength, empowerment, and resilience, and remind you to think positive, count your blessings, and use the power that you have within you to inspire others. Real stories from real women. Readers will enjoy featured stories from authors that include NY Times Best Selling Author Dr. Barbara De Angelis, the Queen of Sales Conversion, Lisa Sasevich, co-founder of Beyond Diet, Isabel De Los Rios, and the owner of FrankieB Jeans, Daniella Clarke.

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