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# Nikki Sharp 5 Day Detox

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When One Has Lived a Long Time Alone

The Girls' Guide to Hunting and Fishing

The Fully Raw Diet

Everyday Detox

The Path of an Eagle

Desperately Seeking Self-improvement

Heart Intelligence: Connecting with the Intuitive Guidance of the Heart

Reclaiming Power and Place

Skinnytinis

The Vixen Diaries

Ketotarian

Meal Prep Your Way to Weight Loss

Proficiency Expert

Cooked Raw

Natural Highs

The 30-Second Body

Digital Roots

The 5-Day Real Food Detox  
The Formula  
Zero Sugar Diet  
No Meat Athlete  
Accident & Emergency  
Eat Pretty  
Wild Habits  
Everyday Raw Detox  
Modern Raw  
The Body Rescue Plan  
It's So Easy  
The 80/10/10 Diet  
Greenmoxie  
The 5:2 Diet Book  
Indigenous Women's Voices  
The Harper Record  
My New Roots  
The Psychopath Whisperer  
Half Baked Harvest Super Simple  
Dr. Kellyann's Cleanse and Reset

What the CEO Wants You to Know  
The Fast Metabolism Diet  
Watercolor Made Simple with Claudia Nice

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*Day Detox* *by guest*

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## **SHANNON ZAVIER**

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### **When One Has Lived a Long Time Alone**

Appetite by Random House

In short, the ketogenic diet kick-starts your body's metabolism, by burning fat and ketones, instead of sugar, as its primary fuel - however, most keto diets are packed with meat and

dairy - which often creates a whole host of other issues - especially for those trying to get more plants and green goodness onto their plates (and less bacon). Enter Ketotarian - Dr Will Cole's revolutionary programme that offers a fresh, modern twist on keto by harnessing the same fat-burning power, but with the nutritious, delicious benefits of a mostly plant-based plate.

It includes 75 recipes that are veggie, vegan and pescatarian, a four-week meal plan and lots of practical tips that will help you on your journey to optimum health, renewed energy and improved brain function. Let the Ketotarian revolution begin! 'This important book artfully expands access to the powerfully beneficial ketogenic diet. Shifting the body's fuel from sugar to fat is

immensely powerful and optimises health. Ketotarian presents a user-friendly, actionable plan so that everyone can embrace and implement this exciting and leading-edge science.' - Dr David Perlmutter, New York Times bestselling author of Grain Brain and The Grain Brain Whole Life Plan  
[The Girls' Guide to Hunting and Fishing](#)  
 Select Books (NY)  
 Are you frustrated by low-fat/high-carbohydrate or all-protein diets that don't work? Tired of white-

knuckle restrictions or doing math at every meal? Fed up with a constant craving for sugars and carbohydrates? Do you wish you had a magic formula for losing weight and keeping it off? Well, now you do. . . . From 40-30-30 zone nutrition pioneers and authors of 40-30-30 Fat Burning Nutrition comes a weight-loss program so easy and effective anyone can do it. The Formula actually helps your body to maximize its natural fat burning potential, making

it much more than a diet: it's a dietary prescription for living well, feeling great, and performing better. Here's how it works. When you eat the right proportions of carbohydrates, proteins, and fats, you can help your body to automatically unleash its own natural fat-burning hormone--glucagon--the key to getting rid of unwanted body fat while keeping blood sugar steady and energy high. The result? You can learn how to burn fat faster while eating foods you

enjoy! Featuring menu plans, shopping lists, and progress charts, The Formula provides a personalized program for each person's specific needs and body type. So whether you're a couch potato, a professional athlete, or somewhere in between, you'll discover: Five different versions of The Formula--and how to find the right one for your weight and activity level The 21-Day Fat Flush Formula for accelerated weight loss More than 200 delicious recipes, including perfectly

balanced 40-30-30 fajitas, chili, grilled cheese sandwiches, pork tenderloin, and New York cheesecake Special Kids' Favorites and Family Style meals Healthy advice on prepared foods, fast foods, and vegetarian meals With The Formula, you don't have to give up the foods you love, follow complicated meal plans, count calories or food blocks, or bring a calculator to the dinner table. And forget about feeling constantly hungry or dissatisfied. Here is a dieter's dream--the

lifetime secret to losing weight, staying slim, and feeling great!

### **The Fully Raw Diet**

Hachette UK

We take you through your home, office and garden and show you how to do just about everything in a more eco-friendly way. From upcycling projects you can do with your kids, to making your own make-up and everything in between, this book is a comprehensive guide for those who want to live a leaner, greener and healthier life. Make awesome stuff, save the

planet, have fun & save money!

*Everyday Detox* National Geographic Books

"Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle.

Author and popular blogger, Matt Frazier, will show you that there are many benefits to

embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet.

Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides

practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve

performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way"--

### **The Path of an Eagle**

FoodNSport

Generous-hearted and wickedly insightful, *The Girls' Guide to Hunting and Fishing* is the New York Times bestselling novel by Melissa Bank. *The Girls' Guide to Hunting and Fishing* maps the progress of Jane Rosenthal as she sets out on a personal and spirited

expedition through the perilous terrain of sex, love, relationships, and the treacherous waters of the workplace. Soon Jane is swept off her feet by an older man and into a Fitzgeraldesque whirl of cocktail parties, country houses, and rules that were made to be broken, but comes to realize that it's a world where the stakes are much too high for comfort. With an unforgettable comic touch, Bank skilfully teases out universal issues, puts a clever new spin on the mating dance,

and captures in perfect pitch what it's like to come of age as a young woman. 'This chronicle of a New Yorker's relationships has a wit and perceptiveness that singles it out from the crowd' Guardian 'As hilarious as *Girls' Guide* is, there's a wise, serious core here' Wall Street Journal 'A sexy, pour-your-heart-out, champagne tingle of a read-thoughtful, wise, and tell-all honest. Bank's is a voice that you'll remember' *Cosmopolitan* *Desperately Seeking Self-*

improvement Penguin Musician Duff McKagan shares details about his life and career, discussing the creation and rise of Guns n' Roses, his struggle with alcoholism and drug addiction, his path to sobriety, and more.

**Heart Intelligence: Connecting with the Intuitive Guidance of the Heart** Pearson ELT The ultimate 12 week eating, mindset and fitness plan for a more energised, slimmer and healthier you. Lose up to 2.5 stone in 12 weeks

without weighing, measuring, counting calories, looking at grams, or worrying!

**Reclaiming Power and Place** Simon and

Schuster Standout Vegan Recipes that Give Eating Raw a New Look and Flavor Celebrated Raw chef Rachel Carr brings you all the recipes, tips and tricks you need to make exceptional raw vegan meals you'll fall in love with. Each recipe in this must-have raw food guide helps you pair the freshest produce with

nutritious nuts and seeds for meals that leave you feeling vibrant and energetic, such as: • Cucumber Spring Rolls • Raw Wok Vegetable "Stir-Fry" Noodles • Almond and Sun-Dried Tomato Hummus Wrap • Walnut-Chorizo Tacos with Kiwi Salsa and Guacamole • Nachos with Bell Pepper Chips • Freekeh Risotto with Roasted Trumpet Mushrooms • Piña Greenlada Smoothie • Pumpkin Seed and Cilantro Pesto Pizza • Cauliflower Steak with Chimichurri Enjoy a wide

variety of stand-out meals and snacks that lay a solid foundation for a healthful, veggie-focused lifestyle. While many dishes are completely raw, some recipes are cooked to maximize the nutritional value—and tastiness—of the ingredients, making them perfect for today's modern approach to eating intuitively. No matter which recipes you choose, you're guaranteed wholesome meals your body will thank you for.

**Skinnytinis** Ballantine Books

A compelling journey into the science and behavior of psychopaths, written by the leading scientist in the field of criminal psychopathy. We know of psychopaths from chilling headlines and stories in the news and movies—from Ted Bundy and John Wayne Gacy, to Hannibal Lecter and Dexter Morgan. As Dr. Kent Kiehl shows, psychopaths can be identified by a checklist of symptoms that includes pathological lying; lack of empathy, guilt, and remorse; grandiose sense

of self-worth; manipulation; and failure to accept one's actions. But why do psychopaths behave the way they do? Is it the result of their environment— how they were raised—or is there a genetic component to their lack of conscience? This is the question Kiehl, a protégé of famed psychopath researcher Dr. Robert Hare, was determined to answer as he began his career twenty years ago. To aid in his quest to unravel the psychopathic mind, Kiehl created the first mobile

functional MRI scanner to study psychopaths in prison populations. The brains of more than five hundred psychopaths and three thousand other offenders have been scanned by Kiehl's laboratory—the world's largest forensic neuroscience repository of its kind. Over the course of *The Psychopath Whisperer*, we follow the scientific breadcrumbs that Kiehl uncovered to show that the key brain structures that correspond with emotional engagement and reactions are

diminished in psychopaths, offering new clues to how to predict and treat the disorder. In *The Psychopath Whisperer*, Kiehl describes in fascinating detail his years working with psychopaths and studying their thought processes—from the remorseless serial killers he meets with behind bars to children whose behavior and personality traits exhibit the early warning signs of psychopathy. Less than 1 percent of the general population meets the criteria for

psychopathy. But psychopaths account for a vastly outsized proportion of violent crimes. And as Kiehl shows, many who aren't psychopaths exhibit some of the behaviors and traits associated with the condition. What do you do if you discover your roommate, or boss, or the person you are dating has traits that define a psychopath? And what does having a diminished limbic region of the brain mean for how the legal system approaches crimes committed by

psychopaths? A compelling narrative of cutting-edge science, *The Psychopath Whisperer* will open your eyes on a fascinating but little understood world, with startling implications for society, the law, and our personal lives.

**The Vixen Diaries** Fair Winds Press (MA)

As media environments and communication practices evolve over time, so do theoretical concepts. This book analyzes some of the most well-known and fiercely discussed

concepts of the digital age from a historical perspective, showing how many of them have pre-digital roots and how they have changed and still are constantly changing in the digital era. Written by leading authors in media and communication studies, the chapters historicize 16 concepts that have become central in the digital media literature, focusing on three main areas. The first part, *Technologies and Connections*, historicises concepts like network, media convergence,

multimedia, interactivity and artificial intelligence. The second one is related to Agency and Politics and explores global governance, datafication, fake news, echo chambers, digital media activism. The last one, *Users and Practices*, is finally devoted to telepresence, digital loneliness, amateurism, user generated content, fandom and authenticity. The book aims to shed light on how concepts emerge and are co-shaped, circulated, used and reappropriated in

different contexts. It argues for the need for a conceptual media and communication history that will reveal new developments without concealing continuities and it demonstrates how the analogue/digital dichotomy is often a misleading one.

*Ketotarian* Ballantine Books

More than 70 ways to enjoy cocktail hour-without worrying about the calories For people watching their weight, enjoying the occasional cocktail can be

a problem, since the average mixed drink contains over 300 calories. Now Teresa Howes comes to the rescue with scores of cocktail recipes that average only 142 calories each-but have the same great flavor and alcohol content as their full-calorie counterparts. From a Skinny Appletini and a Skinny Cosmopolitan to a Skinny Mojito and a Skinny Margarita, these guilt-free drinks feature low-sugar or sugar-free mixers, fresh fruit, and other clever ways to cut

the calories. With 39 beautiful color photographs plus a section on diet-friendly drinks people can order at a bar or restaurant, *SkinnyTinis* is a must-have guide for weight-conscious social drinkers everywhere.

*Meal Prep Your Way to Weight Loss* Ballantine Books

Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made

up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots

draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a "whole food lover," a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to

make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

Proficiency Expert

Chronicle Books

A collection of poems ranging from melancholy meditations of a solitary mind concerning estrangement and the longing for reconnection to the natural world and its creatures closely observed.

Cooked Raw Zinc Ink

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness. The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-

year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple

Cups.

### Natural Highs

HarperCollins

"Author born to drug-addicted parents became addicted as a child to many medications prescribed for her chronic illnesses. Desperate to end a spiral of deteriorating physical and emotional health, she decided in her early twenties to cure herself by eliminating all medications and changing her diet, exercise, and lifestyle habits, and here shares her advice"--  
*The 30-Second Body*

Knopf

A 28-day program for eating clean, featuring more than 100 healthy recipes with time-saving advance-prep methods, from the author of *The 5-Day Real Food Detox* “An effective guide to help you achieve a healthier life and stop dieting once and for all.”—Mark Hyman, M.D., #1 New York Times bestselling author of *Food: What the Heck Should I Eat?* **LOSE WEIGHT IN JUST FOUR WEEKS** Any successful goal starts with a plan. And diet and fitness guru

Nikki Sharp knows all about planning. The former model, Instagram star, and author of *The 5-Day Real Food Detox* discovered that the best way to drop pounds and feel great is through meal prep: making portion-controlled dishes in advance that can be enjoyed all week. Now Sharp shares her secrets and shortcuts for creating a week’s worth of healthy, plant-based food designed to help you lose the weight and keep it off. *Meal Prep Your Way to Weight Loss* breaks it

down for you in three easy parts: First, you’ll learn the life-changing, health-altering meal-prep system. Second, you’ll discover “super meals” that infuse ultra-nutrition into every bite. Finally, you’ll receive Sharp’s 28-day guide to meal prepping your weekly breakfast, lunch, dinner, and snacks with ease. As a meal prep master, you’ll enjoy ● steady, satisfying weight loss—up to five pounds each week ● automatic portion control without counting calories, fat grams, or

carbohydrates ● an escape from emotional eating and bingeing ● tips and tricks for easy-to-freeze preps ● stress-free cooking, eating—and an overall healthy lifestyle Loaded with photos, grocery shopping lists, and such delicious recipes as Noodles and Cashew Cream, Summer Spring Rolls, Orange Dreamsicle Bliss Balls, and Paleo Bread, *Meal Prep Your Way to Weight Loss* will save you time and money—and help you eat clean and sustainably for the rest of your life! “This

book is a must-read for anyone trying to lose weight, get healthy, or change his or her life. Meal prepping is the key to sustainable habits, and Nikki breaks it down to help you succeed.”—David Zinczenko, #1 New York Times bestselling author and NBC News health and wellness contributor *Digital Roots* Greenmoxie This book is available as open access through the Bloomsbury Open Access programme and is available on [\[ns.com\]\(http://ns.com\). When Linda Tuhiwai Smith's \*Decolonizing Methodologies\* was first published, it ignited a passion for research change that respected Indigenous peoples and knowledges, and campaigned to reclaim Indigenous ways of knowing and being. At a time when Indigenous voices were profoundly marginalised, the book advocated for an Indigenous viewpoint which represented a daily struggle to be heard, and to find its place in](http://www.bloomsburycollectio</a></p>
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academia. Twenty years on, this collection celebrates the breadth and depth of how Indigenous writers are shaping the decolonizing research world today. With contributions from Indigenous female researchers, this collection offers the much needed academic space to distinguish methodological approaches, and overcome the novelty confines of being marginal voices.

The 5-Day Real Food Detox Page Street

Publishing  
The Harper government's policies are moving our country backwards toward a vision of society, the role of government, and the nature of the federation reminiscent of the 1920s. [...] As the government tried to liberalize markets in grains, the Wheat Board Ceo was fired 14 The Harper Record and the government worked to prevent Board members from speaking out in support of the marketing board. [...] The report of the Iacobucci Commission

was originally meant to be submitted the week before the 2008 election was called, but was delayed until the week after the election.<sup>9</sup> Both the Liberals who were in power during the events in question and the Conservatives, who are in favour of the anti-terrorist agenda, were thus spared public scrutiny on these issues during the election campaign. [...] Conclusion In the 32 months that the Conservative minority government was in power between 2006 and 2008, the people of Canada

faced significant challenges because of the substance of what the Harper government achieved and because of the anti-democratic way in which he went about it. [...] In a 1989 memo to Preston Manning, he argued that the core political cleavage in contemporary Western democracies pits taxpayers and private sector-oriented citizens (the ideological right) against the public sector-oriented political class and "tax recipients of the Welfare State" (the

ideological left).<sup>17</sup> The conservative coalition of the right would include the corporate sector and the private. *The Formula* Post Hill Press  
*Accident & Emergency: Theory into Practice* is the comprehensive textbook for emergency nurses, covering the full range of emergency care issues, including trauma management and trauma care, the lifespan, psychological issues, physiology for practice, practice and professional issues. This book is about

more than what a nurse should do; it is about why it should be done, leading to sustainable and safer practice. The third edition of this ever-popular text expands its horizons to include contributions from emergency care professionals in New Zealand, Australia and the Republic of Ireland, as well as the United Kingdom. *Applied anatomy and physiology and how it changes in injury and ill health Treatment and management of a wide range of emergency*

conditions Includes emergency care across the life continuum, trauma management, psychological dimensions and practice and professional issues. 'Transportation of the critically ill patient' chapter outlines the nursing and operational considerations related to transportation of the acutely ill person. 'Creating patient flow' chapter overviews the concepts behind patient flow across the wider health system and introduces the key

concept of staff and patient time. It explores some of the techniques used in manufacturing and service industries and its application to health system, illustrating how to reduce the waste of patient and staff time. 'Managing issues of culture and power in ED' chapter demonstrates that cultural awareness is about much more than recognising the different religious needs of patients and their families; it's also about recognising culture, diversity, stereotyping and expressions of power.

Updated to reflect the latest practice and guidelines in this fast-changing field of practice. Zero Sugar Diet Crown Business  
What the CEO Wants You to Know takes the mystery out of business and shows you the secrets of success Have you ever noticed that the business savvy of the world's best CEOs seems like a kind of street smarts? They sense where the opportunities are and how to take advantage of them. And their companies make money consistently, year

after year. How different is it to run a big company than to sell fruit from a cart or run a small shop in a village? In essence, not very, according to Ram Charan. From his childhood in India, where he worked in his family's shoe shop, to his education at Harvard Business School and his daily work advising many of the world's best CEOs, Ram understands business as few can. The best CEOs have a knack for bringing the most complex business down to the fundamentals--the

same fundamentals that are used to run the family shoe shop. And, they have business acumen--the ability to focus on the basics and make money for the company. What the CEO Wants You to Know captures these insights and explains in clear, simple language how to do what great CEOs do instinctively and persistently: \* Understand the basic building blocks of a business and use them to figure out how your company makes money and operates as a total business. \* Decide

what to do, despite the clutter of day-to-day business and the complexity of the real world. Many people spend more than a hundred thousand dollars on an MBA without learning to pull these pieces of the puzzle together. Many others lack a formal business education and feel shut out from the executive suite. What the CEO Wants You to Know provides you with the universal laws of business success, no matter whether you are selling fruit from a stand or

running a Fortune 500 company.