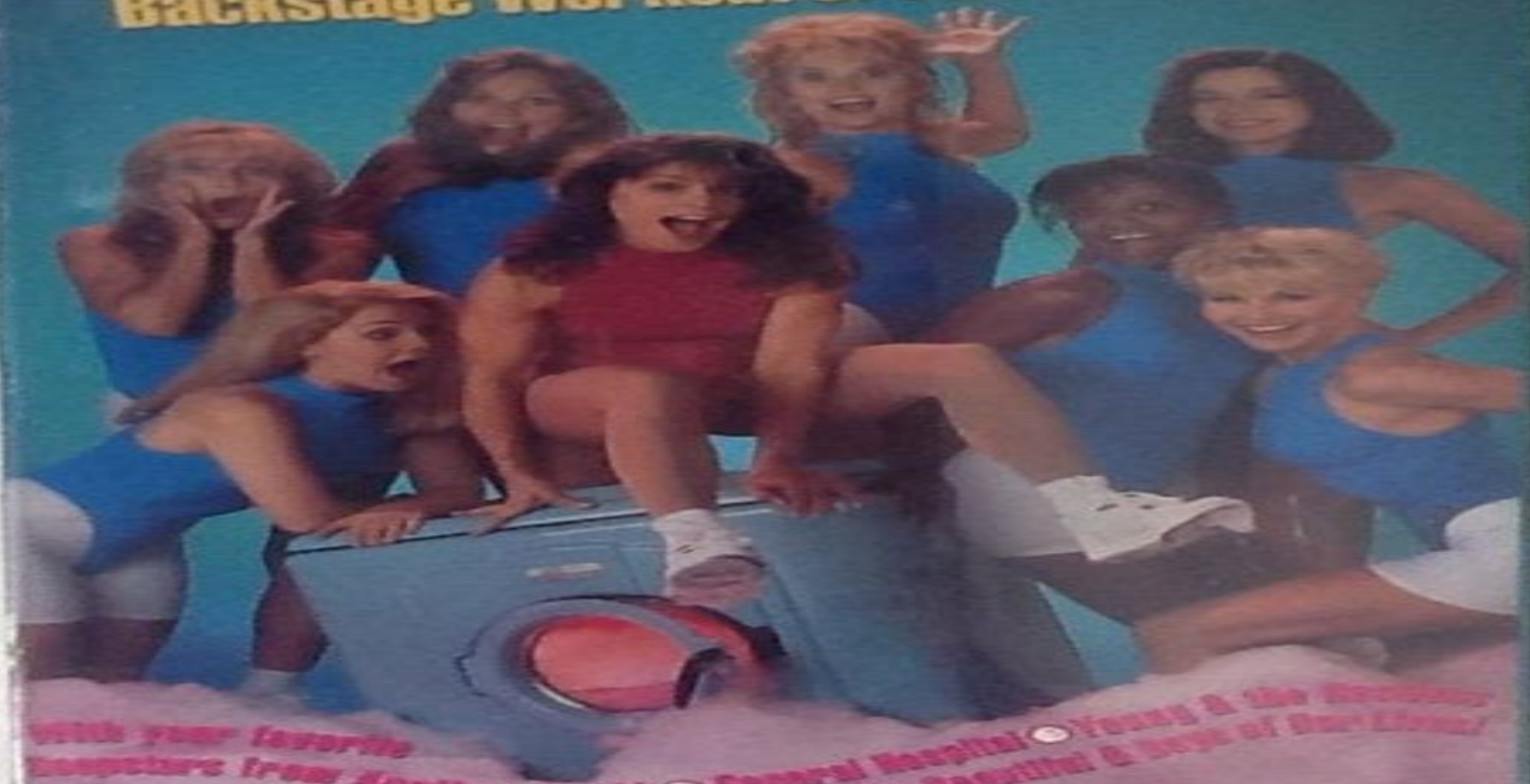


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**LL Cool J's Platinum Workout** LL COOL J,Dave Honig,Jeff O'Connell,2009-04-14 While it may seem impossible to imagine LL Cool J didn't always have a diesel body he chiseled it the old fashioned way with hard work and discipline Together with his longtime trainer Dave Scooter Honig LL developed a revolutionary workout system that not only burns away body fat for good but also built the amazing muscle and flawless physique you see in every one of his latest music videos In LL Cool J's Platinum Workout LL let you in on the secrets of his transformation with his uniquely creative yet no nonsense regimen enlivened with humor and sheer force of personality he will inspire you to enjoy working out as never before while building a body you never thought possible LL Cool J and Scooter Honig blend standard free weight lifts plyometrics fighters moves calisthenics endurance training and much more to create what they call their combination platter a highly effective dynamic and diversified total body workout Whether you are just starting a program or looking to get to the next level you can choose from four levels of fitness from Bronze to Platinum including THE BRONZE BODY A 4 week beginners program that will take inches off your waist and boost your energy THE SILVER BODY A 5 week program for intermediates that increases strength while also maintaining muscular and cardiovascular endurance THE GOLD BODY An advanced 9 week program that turns the body into a muscle building fat burning machine complete with six pack abs and as much energy as LL Cool J THE PLATINUM BODY A hard core 3 week fat torching program LL used to prepare for his Control Myself video a new level in ripped to the bone fitness and sex appeal PLUS THE DIAMOND BODY A special 4 week program for women who want to shape up fast for summer or a special event Jam packed with photos of LL demonstrating exercises and complete with meal plans and recipes that will fuel your workouts while promoting fat loss LL Cool J's Platinum Workout will transform your body and the way you think about exercise for life

**Access** ,2000 **The Resurreccion of Vida** Nicole Sconiers,2006-02 Lovely Lofty Loco As a black entertainment writer in Los Angeles Vida Donnevan is plagued by insecurity and feelings of invisibility The pressure of the velvet rope sends her on routine excursions to the emergency room because she's convinced that she's having a heart attack once a week Vida fears she won't see her thirtieth birthday until she meets John Marques a militant Mexican poet who breathes life into her

glitterati world He s into picket lines she s into picket fences They bond over poetry and a marginalized existence During their relationship Vida sheds her fashionista demeanor and adopts a more radical lifestyle But on her journey from Fendi to Fanon a heartbreaking revelation threatens to shatter her newfound confidence and freedom The Resurrecci n of Vida crosses racial and cultural borders and is the story of love and liberation **Talk to Me** Eric Lane,Nina

Shengold,2009-07-29 In this one of a kind collection of monologue plays Eric Lane and Nina Shengold have gathered a breathtaking array of human voices and stories by master playwrights and emerging new writers Each of the plays ranging from one acts and ten minute plays to full length works creates a rich and specific world In these pages readers will meet a dazzling group of dramatic and comic characters an actress chasing a role as a prison guard on a soap opera an Indian waiter new to America a lesbian performance artist taking her father to Auschwitz a surfer dude trying to summarize the plot of Moby Dick in under two minutes and a Dutch librarian hunting down a book that s 123 years overdue Because each selection is a complete monologue Talk to Me is an unprecedented source for actors in search of material for auditions classes and performances as well as a literary gold mine for anyone who loves drama From the Trade Paperback edition

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