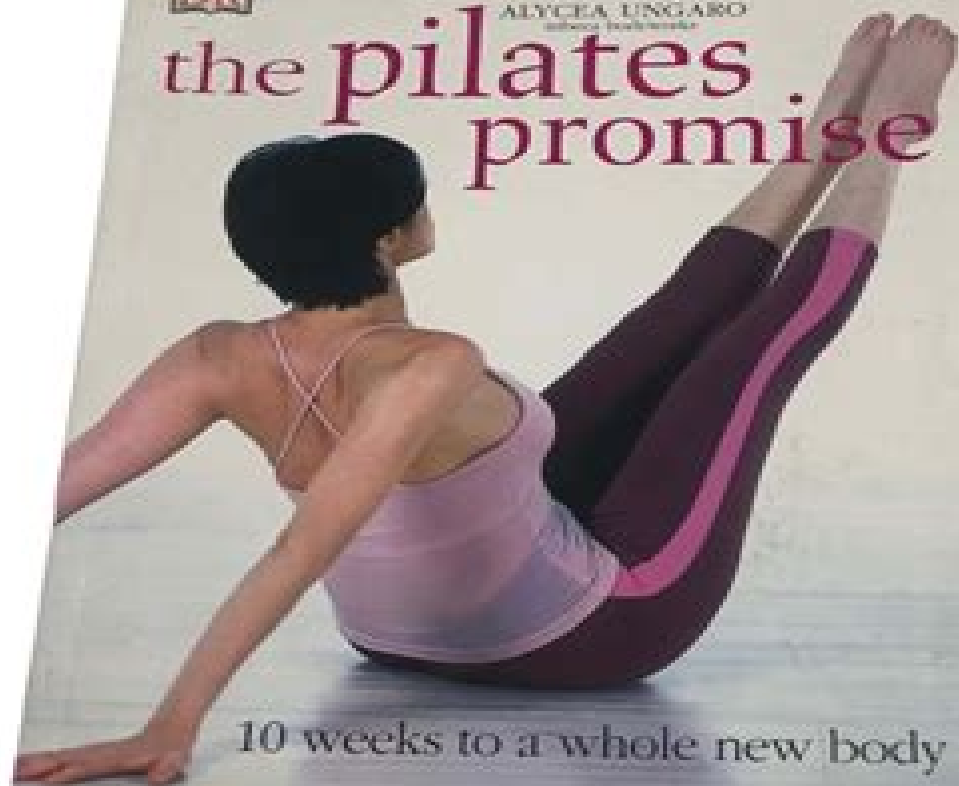




ALYCEA UNGARO
author, teacher

the pilates promise



10 weeks to a whole new body

The Pilates Promise

Alycea Ungaro



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this Pilates book and DVD set Forget gyms expensive kits and hours of punishing fitness regimes try these easy to follow 15 minute Pilates routines and get your body tip top in no time Clear at a glance fold out pages show you exactly what to do and the live action 60 minute DVD demonstrates each of the four key exercises so you can master techniques A total fitness package exercising at home has never been easier or quicker **The Freedom Promise** Mindy Gorman-Plutzer,2014-08-22 Sharing powerful insight and strategies related to letting go of disordered eating behaviors and limiting beliefs that keep the reader tied to a toxic relationship with food The Freedom Promise offers personal stories to inspire practical steps and affirmations You will be motivated to examine your behavior with food explore your hungers and be guided to reframe the stories you have been telling yourself about food and your relationship to it Mindy Gorman Plutzer has sincerely captured and articulated the power of self love and awareness to heal lifelong patterns of disordered eating and self denial With remarkable candor and heartwarming humility she illuminates in great detail the path she walked in order to create her proven steps to food freedom Reading her words is like listening to a loving friend share hard earned wisdom inspired by her personal journey The message is clear and the messenger is full of compassion and insight Reading it once won t be enough and you may as well dog ear every page Beth Sandri AADP Forty Meditations in Forty Days **The Promise** Beth Wiseman,2014-10-07 Mallory s search for happiness leads her to a faraway place There she finds heartache betrayal and danger Mallory Hammond is determined that no one will stand in the way of her goal to save a life She had that chance years ago and she failed to take it leaving her adrift and in search of the real meaning of her life Finally she meets a man online from a volatile corner of the world who offers her the chance to find that purpose But she will have to leave everyone she loves behind in order to take it Tate Webber has loved Mallory for many years He understands that Mallory will never be happy with him until her deepest heart s desire is satisfied When Mallory decides to travel across the world to fulfill her dreams Tate begs her not to go but tries to give her the space she needs Mallory embarks on her dangerous journey only to discover how swiftly and easily promises can be broken And Mallory can only pray that she will make it out alive Inspired by actual events The Promise is a riveting love story that asks the question how far will we go for love Takes readers to a place where promises mean something very different than expected and where her protagonist realizes that the life that needs saving is her own Wiseman draws readers into a world of deception danger and defiance Readers will feel the anguish of Mallory s loved ones as they pray for her to make it home Booklist **Promise Canyon** Robyn Carr,2015-04-28 Welcome back to VIRGIN RIVER with the books that started it all After years spent on ranches around Los Angeles Clay Tahoma is delighted to be Virgin River s new veterinary assistant The secluded community s wild beauty tugs at his Navajo roots and he s been welcomed with open arms by everyone in town everyone except Lilly Yazhi Lilly has encountered her share of strong silent traditional men within her own aboriginal community and she s not interested in coming back for more In her eyes Clay s earthy sexy appeal is just an act used to charm wealthy women like his ex wife Lilly can t deny his gift for gentling horses

but she's not about to let him control her. There's just one small problem: she can't control her attraction to Clay. But in Virgin River, faith in new beginnings and the power of love has doors opening everywhere. What you can expect in Promise Canyon: Small Town Romance. Tradesman Hero. Native American Hero. Heroine. Horses. Don't miss Robyn Carr's next uplifting novel, The Friendship Club, where four women come together at a tumultuous time in their lives, forging an unbreakable bond that will leave them all forever changed.

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