

Download File On The Plus Side Chubby Girl Chronicles 1 Tabatha Vargo Pdf For Free

Hot and Heavy **On the Plus Side On the Plus Side** *Shattered Skull* **Dietland** One to Watch Little Black Book Twochubbycubs The Cookbook The Jock and the Fat Chick **Two Girls, Fat and Thin** **Shuggie Bain** **Fearing the Black Body** **To Be Honest Would You Kill the Fat Man?** Reasons I Fell for the Funny Fat Friend **Fattily Ever After** Too Much Temptation *Nothing But a Dare* *The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts* Fat and Queer *Cooking for Geeks* **Morpho Life in the Fat Lane** *Slow Fat Triathlete* **The Nude Nutritionist** **Learning Curves** **13 Ways of Looking at a Fat Girl** **Off the Record** *Having Hope* **Billboard** French Women Don't Get Fat *Fat Girls Hiking Feel Like Sh*t? How to Stop Being Fat You Don't Have to Say You Love Me* **The Secret Life of Fat** Big Girl Panties *Fat is a Feminist Issue* Things No One Will Tell Fat Girls **Fat Vampire** *The Wingman*

How the female body has been racialized for over two hundred years There is an obesity epidemic in this country and poor black women are particularly stigmatized as “diseased” and a burden on the public health care system. This is only the most recent incarnation of the fear of fat black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat bodies were once praised—showing that fat phobia, as it relates to black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of “savagery” and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early twentieth century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important and original work, *Fearing the Black Body* argues convincingly that fat phobia isn't about health at all, but rather a means of using the body to validate race, class, and gender prejudice. No one's promised tomorrow. And Chet Rhodes, the drummer of Blow Hole, is all about living for today. Sex, drugs, and rock 'n' roll ... anything to help him forget his deadly secret and keep him detached. But when he meets Hope, a bitchy brunette with sarcastic wit and a deadly right hook, his carefully constructed defenses break down. For the first time ever, he wants more than a one-night stand. Hope Iverson holds a secret that could potentially destroy everything she's built. Hardened with a short fuse, her past has left her emotionally unavailable. That is until the charismatic drummer for Blow Hole bursts into her life. His smart mouth has the ability to make her smile, and his inked body makes her feel things she'd rather not. But scars leave you changed, and Hope isn't sure there's enough of herself left to give. ****Recommended for mature audiences only.**** The Blow Hole Series is a series of books that can be read as standalones with the exception of *Perfecting Patience*, which is a follow-up to *Playing Patience*. The line-up of this series is as follows... *Playing Patience* *Perfecting Patience* *Finding Faith* *Convincing Constance* *Having Hope* Winner of the Amazon.ca First Novel Award Shortlisted for the Scotiabank Giller Prize Longlisted for the 2017 Stephen Leacock Memorial Medal for Humour Longlisted for the 2018 International IMPAC Dublin Literary Award Growing up in the suburban hell of Misery Saga (a.k.a. Mississauga), Lizzie has never liked the way she looks—even though her best friend Mel says she's the pretty one. She starts dating guys online, but she's afraid to send pictures, even when her skinny friend China does her makeup: she knows no one would want her if they could really see her. So she starts to lose. With punishing drive, she counts almonds consumed, miles logged, pounds dropped. She fights her way into coveted dresses. She grows up and gets thin, navigating double-edged validation from her mother, her friends, her husband, her reflection in the mirror. But no matter how much she loses, will she ever see herself as anything other than a fat girl? In her brilliant, hilarious, and at times shocking debut, *Mona Awad* simultaneously skewers the body image-obsessed culture that tells women they have no value outside their physical appearance, and delivers a tender and moving depiction of a lovably difficult young woman whose life is hijacked by her struggle to conform. As caustically funny as it is heartbreaking, *13 Ways of Looking at a Fat Girl* introduces a vital new voice in fiction. We lose it. We gain it. We hate it. We hide it. We shame it. We suck it in and we even suck it out. Fat is an international obsession, a dirty word and our least understood body part. A groundbreaking combination of historical, cultural and cutting-edge scientific research, *The Secret Life of Fat* reveals everything we need to understand fat: how it influences our appetite and willpower, how it defends itself when attacked and why it grows back so quickly. Find out how our genetics and hormones determine how much we fat we have and where exactly it will show. Fascinating and surprising in equal measure, this book will give you a

powerful new understanding of your body. Sylvia Tara holds a PhD in Biochemistry from the University of California and an MBA from the University of Pennsylvania. After noticing that she ate far less and exercised more than her friends, and yet couldn't lose as much weight, she began her research into the science of fat. 'I love Stephanie... She's one of my favourite truth tellers online, she pulls no punches and empowers so many women with her own commitment to equality... This book is going to mean a lot, to a lot of people.' – Jameela Jamil

Stephanie Yeboah has experienced racism and fat-phobia throughout her life. From being bullied at school to being objectified and humiliated in her dating life, Stephanie's response to discrimination has always been to change the narrative around body-image and what we see as beautiful. In her debut book, *Fattily Ever After*, Stephanie speaks openly and courageously about her own experience on navigating life as a black, plus-sized woman – telling it how it really is – and how she has managed to find self-acceptance in a world where judgement and discrimination are rife. Featuring stories of every day misogynoir and being fetishized, to navigating the cesspit of online dating and experiencing loneliness, Stephanie shares her thoughts on the treatment of black women throughout history, the marginalisation of black, plus-sized women in the media (even within the body-positivity movement) whilst drawing on wisdom from other black fat liberation champions along the way. Peppered with insightful tips and honest advice and boldly illustrated throughout, this inspiring and powerful book is essential reading for a generation of black, plus-sized women, helping them to live their life openly, unapologetically and with confidence.

Sebastian Black is a self-made man whose little black book contains the names of women who have agreed to his rules: don't even deny him and don't fall in love. If they do either, they're removed from the book and payment stops. *Learning Curves* is a single dad, enemies to lovers, curvy girl rom-com with a teacher that everyone wished they had in school, and a swoon-worthy dad that would do anything for his daughter. Throw in an overeating dog and watch what happens next. To Spencer Hurley, women only left pain and destruction in their wake. The only good thing that came from his disaster of an ex was his daughter, Annabelle. Right now, making sure Belle was taken care of and getting her the help she needed with her learning disabilities was his only focus. And if that meant moving to a new town, consider the moving truck rented and packed. Ellie Ryan spent her childhood being judged and bullied because of her learning disabilities. Jokes on them, though, she was now the top special education teacher in her district. See, Ellie totally had her life together. Kind of. Maybe... Okay, really, she's a word-vomiting, curvy, hot-mess, who hasn't had a date in who knows how long. And then there was Roxy, her rude overeating dog. Nevertheless, Ellie was fiercely protective of her students. She'd gladly rip out the throat of anyone that dared to mess with her kids. Including their parents. So, please explain to Ellie why, even after calling her new student's father out during a disastrous parent-teacher meeting, Ellie couldn't help being insanely attracted to the gruff single dad? Somebody, please help her. Besides, nothing good could come from it... right? Sweet, bookish Neve Slater always plays by the rules. And the number one rule is that good-natured fat girls like her don't get guys like gorgeous, handsome William, heir to Neve's heart since university. But William's been in LA for three years, and Neve's been slimming down and re-inventing herself so that when he returns, he'll fall head over heels in love with the new, improved her. So she's not that interested in other men. Until her sister Celia points out that if Neve wants William to think she's an experienced love-goddess and not the fumbling, awkward girl he left behind, then she'd better get some, well, experience. What Neve needs is someone to show her the ropes, someone like Celia's colleague Max. Wicked, shallow, sexy Max. And since he's such a man-slut, and so not Neve's type, she certainly won't fall for him. Because William is the man for her... right? Somewhere between losing weight and losing her inhibitions, Neve's lost her heart - but to who? An NPR Best YA Book of 2018

The author of *The Big F* is back with another snappy, utterly relatable contemporary novel about loving yourself and forging your own path. Savannah is dreading being home alone with her overbearing mother after her big sister—and best friend—goes off to college. But if she can just get through senior year, she'll be able to escape to college, too. What she doesn't count on is that her mother's obsession with weight has only grown deeper since her appearance on an extreme weight-loss show, and now Savvy's mom is pressuring her even harder to be constantly mindful of what she eats. Between her mom's diet-helicoptering, missing her sister, and worrying about her collegiate future, Savvy has enough to worry about. And then she meets George, the cute new kid at school who has insecurities of his own. As Savvy and George grow closer, they help each other discover how to live in the moment and enjoy the here and now before it disappears. *To Be Honest* is another sharp, witty novel from Maggie Ann Martin, about a spunky heroine who is dealing with very real issues—body image, parental pressure, loneliness, first love, and finding your way—with heart and humor. Praise for *To Be Honest*: "Savvy's story is a welcome one in today's YA market and will help spread a much-needed message to teens about parental mental health issues and the potential dangers of diet culture." —School Library Journal, starred review "I love that the book, itself, is not obsessed with its plus-size main character. ... It's a shame that books like this are so few and far between." —NPR "To Be Honest captures the struggle to be proud of who you are and to find the courage to live boldly, no matter your shape or size ... For fans of *To All the Boys I've Loved Before* and *Dumplin'*." —GERM Magazine

Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy. This captivating novel shimmers with dark intensity and wicked wit. In a stunning synthesis of eroticism, rage, pathos, and humor, Gaitskill's "fine storyteller's pace and brilliant metaphors" (The New York Times Book Review) create a haunting and unforgettable journey into the dark side of contemporary life and the deepest recesses of the soul. The first time I saw Skull, he was standing atop a speeding motorcycle. The second time, he was putting his fist through my brother's face. Now he's everywhere I look. He's making my life hell with his vulgar remarks and seductive lure, but it's not my fault my brother joined The Border Lords, his rival crew. I keep my nose out of their business and my head in the books, yet

he's always there provoking me. Dragging me into their conflict. Everyone in town knows you don't mess with the Sons of Sinister, but no one ever told me what to do when a Son of Sinister messes with me. New York Times bestselling author Tabatha Vargo invites you to fall in love with the Sons of Sinister! A new adult spin on MC books with all the grunge, angst, and dirty, foul-mouthed biker boys who know how to handle curves. The Sons of Sinister consists of four standalone novels. Shattered Skull, Dirty Saint, Ruthless Crow, & Joker's Wild. This series is the Blow Hole Boys meets crotch rockets meets naughty, bully bastards who don't give a f*ck and the good girls who can't help but fall for them! They run the streets, the money, and can outride any other crew on the streets. Theresa Fowler reveals the mistruths and propaganda you've been told about so-called healthy food, the reasons why you've previously found it hard to lose weight, as well as how you can easily take back control of your own health by following her natural weight loss solution. Nothing But a Dare is a second chance, enemies to lovers romantic comedy with a curvy, will punch you in the throat heroine, and a hero that will push every button she has for fun. Throw in sharing one bed and see what happens next. Oh, and did I mention there's a cat that wears turtleneck sweaters? After what could possibly be the world's worst morning, the last thing Abbie expected to see as she walked into her meeting was her childhood nemesis. Hunter. Freaking. James. The title of world's worst morning now seemed like an understatement. When Abbie walked into the conference room looking like a complete mess, and still killed her presentation, Hunter knew he'd made the right decision. He was there for one reason, and one reason only. Abbie was going to be his, even if that meant he had to dare her every step of the way. Game on. NATIONAL BESTSELLER • Real love . . . as seen on TV. A plus-size bachelorette brings a fresh look to a reality show in this razor-sharp, "divinely witty" (Entertainment Weekly) debut. "Effortlessly fun and clever . . . I found the tension impeccable . . . and that made my reading experience incredibly propulsive. Read it in a day and a half."—Emily Henry, #1 bestselling author of Beach Read and The People We Meet on Vacation NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • Marie Claire • Mashable Bea Schumacher is a devastatingly stylish plus-size fashion blogger who has amazing friends, a devoted family, legions of Insta followers—and a massively broken heart. Like the rest of America, Bea indulges in her weekly obsession: the hit reality show Main Squeeze. The fantasy dates! The kiss-off rejections! The surprising amount of guys named Chad! But Bea is sick and tired of the lack of body diversity on the show. Since when is being a size zero a prerequisite for getting engaged on television? Just when Bea has sworn off dating altogether, she gets an intriguing call: Main Squeeze wants her to be its next star, surrounded by men vying for her affections. Bea agrees, on one condition—under no circumstances will she actually fall in love. She's in this to supercharge her career, subvert harmful beauty standards, inspire women across America, and get a free hot air balloon ride. That's it. But when the cameras start rolling, Bea realizes things are more complicated than she anticipated. She's in a whirlwind of sumptuous couture, Internet culture wars, sexy suitors, and an opportunity (or two, or five) to find messy, real-life love in the midst of a made-for-TV fairy tale. In this joyful, wickedly observant debut, Bea has to decide whether it might just be worth trusting these men—and herself—for a chance to live happily ever after. Is obsessing about food making you miserable and anxious? Are you an emotional eater? A binge eater? Do you have a mental list of 'bad' foods? Have you been on a diet for as long as you can remember? When you lose weight, do you always put it back on? Do you go to bed feeling guilty, promising 'tomorrow will be different'? Are you in control of every part of your life, except food? In just seven chapters of straight-talking, friendly advice, Lyndi Cohen shares the tools to heal your relationship with food and release you from fixating on your size, even if you've been dieting for years. Learn how to listen to your hunger and calm your mind. Lyndi is one of Australia's most popular dietitians, known as The Nude Nutritionist of Channel 9's TODAY show. She started dieting as a young teenager, unhappy with her growing body, and gave up in misery, having steadily gained weight for more than a decade. Almost by accident she became a mindful and intuitive eater, and along the way she gently lost 20kg. With over 50 deliciously realistic recipes (no 'superfoods' required) you'll also be inspired to eat well to boost your mood and balance your hormones. Change starts today. In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends. No one ever said high school was easy. In this hilarious and heartwarming debut, one high school senior has to ask himself how much he's willing to give up in order to fit in. Kevin seems to have it all: he's popular, good looking, and on his way to scoring a college hockey scholarship. However, he's keeping two big secrets. The first is that he failed an assignment and is now forced to take the most embarrassing course ever—domestic tech. The second is that he is falling for his domestic tech classmate, Claire. As far as Kevin is concerned, Claire does have it all: she's funny, smart, beautiful, and confident. But she's off-limits. Because Kevin knows what happens when someone in his group dares to date a girl who isn't a cheerleader, and there's no way he is going to put himself—or Claire—through that. But steering clear of the girl of his dreams is a lot harder than Kevin thought...especially when a cooking project they are paired together for provides the perfect opportunity for things to heat up between them outside the classroom.... Epic Reads Impulse is a digital imprint with new releases each month. From the founder of the Fat Girls Hiking community, this inclusive and inspiring guide to the great outdoors will inspire people of all body types, sizes, abilities, and backgrounds. Winner of the Booker Prize 2020 Winner of 'Book of the Year' at the British Book Awards 2021 Winner of 'Debut of the Year' at the British Book Awards 2021 A BBC 'Big Jubilee Read' 'A heartbreaking novel' – The Times 'An amazingly intimate, compassionate, gripping portrait of addiction, courage and love.' – The judges of the Booker Prize 'Tender and unsentimental . . . The Billy Elliot-ish character of Shuggie . . . leaps off the page.' – Daily Mail 'Douglas Stuart has written a first novel of rare and lasting beauty.' – Observer It is 1981. Glasgow is dying and good families must grift to survive. Agnes Bain

has always expected more from life, dreaming of greater things. But Agnes is abandoned by her philandering husband, and as she descends deeper into drink, the children try their best to save her, yet one by one they must abandon her to save themselves. It is her son Shuggie who holds out hope the longest. Shuggie is different, he is clearly no' right. But Shuggie believes that if he tries his hardest, he can be normal like the other boys and help his mother escape this hopeless place. Shuggie Bain lays bare the ruthlessness of poverty, the limits of love, and the hollowness of pride. For readers of Hanya Yanagihara, Emma Donoghue, Alan Hollinghurst and Frank McCourt, it is a heartbreaking novel by a brilliant writer with a powerful and important story to tell. After being bitten by a vampire, not only is fifteen-year-old Doug doomed eternally to be fat, but now he must also save himself from the desperate host of a public-access-cable vampire-hunting television show that is on the verge of cancellation. She was supposed to be his one-night distraction. But their attraction is undeniable. Introverted Daisy McGregor is used to being a wallflower, but what she lacks in style, she makes up for with an acerbic wit, a passion for life, and a deep devotion to her family. So she'll suffer through her sister Dahlia's bachelorette party and accept the cloud of pity for going stag to the wedding. Out at the pub, sexy bad boy Mason Carlisle is a reluctant wingman tasked with entertaining Daisy while his brother flirts with her oldest sister, Daffodil. When the plan fails and Mason's true intent is revealed, he feels intense guilt--and a sensual spark of desire for the unlikeliest of women. Daisy decides to use this unfortunate encounter to her advantage: to make it up to her, Mason will be another kind of wingman, playing the role of her boyfriend and wedding date. Will their ruse unravel completely--or will Mason and Daisy's undeniable attraction ignite a scorching love affair that knows no rules? Big girls don't cry--they go after what they want--in this "fresh, fun, adorable" (Lori Wilde) romantic comedy. Thanks to her bangin' curves, Valerie Carmichael has always turned heads -- with the exception of seriously sexy Logan Mathis. Just Valerie's luck that the object of her lust-filled affection is also best friends with her overprotective brother. But Valerie's determined to get Logan's attention . . . even if it means telling a teeny little lie to get a job at his new bar. Logan can't remember a time when Valerie didn't secretly fuel all his hottest fantasies. Now the curvaceous she-devil is working behind his bar, tempting him every damn night. It's only when he finds Valerie's naughty things-to-do list that Logan decides to break every rule in the book -- by making each red-hot deed a reality. No one warned them that they were going to fall this hard. And no one warned them that sometimes the smallest secrets can have the biggest consequences. Describes obesity in females as a response to the inequality of the sexes and offers women guidance in overcoming weight problems through a total reorientation to their bodies and their self-images Through personal stories, practical ideas, suggestions, and uproarious anecdotes, this book proves that with a little training, almost anybody can have a great time and reap huge rewards from pursuing their triathlete dreams. Sixteen-year-old Lara, winner of beauty pageants and Homecoming Queen, is distressed and bewildered when she starts gaining weight and becomes a fat girl. Experience the joie de vivre with this revolutionary non-diet book that is changing the way women eat and live everywhere How do French women do it? This is the book that unlocks the simple secrets of 'the French paradox' - how to enjoy food and stay slim and healthy. Classy, chic and expertly well-written, this is the book that we have all been waiting for. It's the ultimate non-diet book; instead, showing how to eat with balance, control and above all pleasure. Eat, like a French woman. Big girls need love, too, but at what cost? Lilly Sheffield is loaded, not only with money but with weight. Both things she could do without. But even with her undesired millionaire status, she doesn't hold on to false hopes of finding true love. So when a sexy stranger comes into her life dripping with seduction, she finds it hard to resist. The bigger they are the harder they fall and Lilly falls straight through the floor in love with Mr. Sexy. Too bad he's there for all the wrong reasons. The chance of losing everything will make you do crazy things, and Devin Michaels is willing to do whatever it takes to keep his life together. All seems lost when out of nowhere he's approached by a Millionaire Momma with an offer he can't refuse. But even a womanizer like Devin has a heart and when the short, chunky girl with the carefree attitude breaks through his icy façade, he finds that losing everything takes on a whole new meaning. A fresh and provocative debut novel about a reclusive young woman saving up for weight loss surgery when she gets drawn into a shadowy feminist guerilla group called "Jennifer"--equal parts Bridget Jones's Diary and Fight Club We're here. We're queer. We're fat. This one-of-a-kind collection of prose and poetry radically explores the intersection of fat and queer identities, showcasing new, emerging and established queer and trans writers from around the world. Celebrating fat and queer bodies and lives, this book challenges negative and damaging representations of queer and fat bodies and offers readers ways to reclaim their bodies, providing stories of support, inspiration and empowerment. In writing that is intimate, luminous and emotionally raw, this anthology is a testament to the diversity and power of fat queer voices and experiences, and they deserve to be heard. From the bestselling coauthor of Wittgenstein's Poker, a fascinating tour through the history of moral philosophy A runaway train is racing toward five men who are tied to the track. Unless the train is stopped, it will inevitably kill all five men. You are standing on a footbridge looking down on the unfolding disaster. However, a fat man, a stranger, is standing next to you: if you push him off the bridge, he will topple onto the line and, although he will die, his chunky body will stop the train, saving five lives. Would you kill the fat man? The question may seem bizarre. But it's one variation of a puzzle that has baffled moral philosophers for almost half a century and that more recently has come to preoccupy neuroscientists, psychologists, and other thinkers as well. In this book, David Edmonds, coauthor of the bestselling Wittgenstein's Poker, tells the riveting story of why and how philosophers have struggled with this ethical dilemma, sometimes called the trolley problem. In the process, he provides an entertaining and informative tour through the history of moral philosophy. Most people feel it's wrong to kill the fat man. But why? After all, in taking one life you could save five. As Edmonds shows, answering the question is far more complex—and important—than it first appears. In fact, how we answer it tells us a great deal about right and wrong. A

rollicking and poignant romantic comedy about a young widow who decides to get in shape...and winds up getting her groove back—and a whole lot more! Holly Brennan used food to comfort herself through her husband’s illness and death. Now she’s alone at age thirty-two. And she weighs more than she ever has. When fate throws her in the path of Logan Montgomery, personal trainer to pro athletes, and he offers to train her, Holly concludes it must be a sign. Much as she dreads the thought of working out, Holly knows she needs to put on her big girl panties and see if she can sweat out some of her grief. Soon, the easy intimacy and playful banter of their training sessions lead Logan and Holly to most intense and steamy workouts. But can Holly and Logan go the distance as a couple now that she’s met her goals—and other men are noticing? AS SEEN ON ITV's SAVE MONEY: LOSE WEIGHT! *OFFICIAL SUNDAY TIMES BESTSELLER!* This must-have, delicious debut cookbook from the duo behind one of the UK's most popular slimming blogs, TWOCHUBBYCUBS, aka James and Paul Anderson - with 100 amazing, healthy yet filling recipes, all elegantly presented and beautifully photographed and each sprinkled with a mini-blog of total nonsense. James and Paul will give you a newfound confidence to get cooking and have you laughing along the road to weight loss. Fancy that?! INCLUDES: - 100 tasty, slimming meals - tried, tested and loved by the TWOCHUBBYCUBS - with 90 BRAND NEW RECIPES and 10 updated classics from the blog. - This is FUSS-FREE, RELIABLE and FILLING proper food you'll enjoy eating, that helped the cubs shed over 18 stone between them and it never once felt like a chore. - There's banging breakfasts, lunches to keep hunger locked up and mouth-watering dinners - plus fakeaways, lighter takes on your favourites and snacks, sides and desserts. - They've even added 'an occasional blow-out' chapter - those delectable dishes for once in a blue moon! Brody enlists the help of his "funny fat friend" Hayley, the school's matchmaker and his partner in American Sign Language, to win over his brother's ex -- only to realize that he's falling in love with her. In this book, Michel Lauricella presents both his artistic and systematic methods for drawing the human body—with drawing techniques from the écorché (showing the musculature underneath the skin) to sketches of models in action. In more than 1000 illustrations, the human body is shown from a new perspective—from bone structure to musculature, from anatomical detail to the body in motion. *Morpho* is a rich, fascinating, and helpful book that can go with you everywhere on your sketching journey. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 16.0px Times; color: #212121} p.p2 {margin: 0.0px 0.0px 0.0px 0.0px; font: 16.0px Times; color: #212121; min-height: 19.0px} p.p3 {margin: 0.0px 0.0px 0.0px 0.0px; font: 11.0px Cambria; color: #212121} span.s1 {color: #232323} In this book, artist and teacher Michel Lauricella presents both his artistic and systematic methods for drawing the human body with drawing techniques from the écorché (showing the musculature and bone structure beneath the skin) to dynamic sketches of models in action. In more than 1000 illustrations, the human body is shown from a new perspective—from bone structure to musculature, from anatomical detail to the body in motion. Lauricella believes that only by learning basic human anatomy can one’s drawing skills be perfected. *Morpho* is a rich, fascinating, and essential book that can go with you everywhere on your sketching journey. Sexy contemporary romance from the New York Times bestselling author, featuring an innocent but adventurous young woman who knows exactly what—and who—she wants, and the gorgeous dream guy who’s ready to fulfil all her fantasies. Sometimes too much of a good thing is the exact right amount . . . Awkward, insecure Grace Jenkins has had little experience with men. But that hasn’t stopped her from dreaming hard about Noah Harper. Gorgeous, strong, and darkly sexy, Noah has a rough edge beneath his polish that promises no mercy in the bedroom. When Grace learns Noah’s engagement has ended in scandal, she shyly offers him her support and her friendship. But Noah’s looking for something extra . . . Noah wants Grace—badly. He wants to possess those curves that go on forever, to savor her sweet innocence, to take her to the limits of white-hot desire . . . again and again. What he doesn’t want is anything more complicated than that, and he knows Grace is a woman who deserves better. Grace, however, knows exactly what she needs—the kind of ecstasy only Noah can give her. Brazenly, she accepts his offer, and Noah promises to make all her secret fantasies come true . . . “Lori Foster delivers everything you are looking for in a romance.” —Jayne Ann Krentz “Lori Foster should be on everyone's auto-buy list.” —Sherrilyn Kenyon, #1 New York Times bestselling author “Foster outwrites most of her peers.” —Library Journal “Smart, Sexy, engaging characters. The pages sizzle!” —Christine Feehan Sometimes a little heat is all it takes to lighten a heavy heart. Shannon Daniels is afraid of men, but when Matthew Ellis literally falls into her lap, fear is the last thing she feels. For the first time in years, she desires a man, and she plans on taking advantage of her new craving. Shannon hatches a plan to satisfy her sudden hunger, but dancing with the devil will get you more than a one-way trip to hell, and Shannon finds out quickly that even the best-laid plans go awry. Matthew Ellis swears he will never get caught in the tangled web of a woman. After a devastating heartbreak, he's determined to die a bachelor. When he meets Shannon, a chubby redhead with a firecracker personality, he decides to add her to his list of conquests. The good news is she's okay with a hot and heavy fling. The bad news is, for the first time since he was a teenager, being caught doesn't seem that unappealing. This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health. Hanne Blank—a fellow plus-size girl who’s been there and has the worn-out sports bras to show for it—will help you discover activity that works for you no matter what your size or current fitness level. Whether you choose to do yoga, pump iron, walk your dog, play Wii Fit, hire a personal trainer, or just run errands by bicycle, Hanne will provide specifically tailored advice on: • Finding movement that feels great, physically and emotionally • Choosing a gym • Facing the trail, pool, park, or locker room • Overcoming fear and shame • Sourcing plus-size workout gear • Getting the nutrition you need and avoiding common injuries • Fighting fat prejudice and uninvited comments Featuring incendiary acts like “Flail proudly,” and “Claim the right to be unattractive (just like anybody else),” Hanne serves up years of hard-won fitness advice with humor and self-acceptance. With motivating lists like “30 Things to

Love About Exercise (None of Which Have Anything to Do with Your Weight, Your Size, or What You Look Like),” this call to action will get you up and moving in no time! Things No One Will Tell Fat Girls is a manifesto and call to arms for women of all sizes and ages. With smart and spirited eloquence, veteran blogger Jes Baker calls on women to be proud of their bodies, fight against fat-shaming, and embrace a body-positive worldview to change public perceptions and help women maintain mental health. With the same straightforward tone that catapulted her to national attention when she wrote a public letter addressing the sexist comments of Abercrombie & Fitch's CEO, Jes shares personal experiences along with in-depth research in a way that is approachable, digestible, and empowering. Featuring notable guest authors, Things No One Will Tell Fat Girls is an invitation for all women to reject fat prejudice, learn to love their bodies, and join the most progressive, and life-changing revolution there is: the movement to change the world by loving their bodies. What would you sacrifice to expose the truth? From Camryn Garrett, whose debut Full Disclosure was called "honest, eye-opening and heartfelt" by Angie Thomas, comes a ripped-from-the-headlines story of a teen journalist who stumbles across the #metoo story of the decade and has to weigh the risks against the need to fight for justice. When seventeen-year-old Josie Wright wins a contest to write a celebrity profile for Deep Focus magazine, she's equal parts excited and scared. Soon she is jetting off on a multi-city tour, rubbing elbows with sparkly celebrities, frenetic handlers, stone-faced producers, and eccentric stylists. She even finds herself catching feelings for the subject of her profile, dazzling young newcomer Marius Canet. Josie's world is expanding so rapidly, she doesn't know whether she's flying or falling. But when a young actress lets her in on a terrible secret, and then the secrets keep coming, she realizes she's in over her head. She wants to do the right thing, but is this her story to tell? What if she lets down the women who have entrusted her with their stories? What if this ends her writing career before it even begins? There are so many reasons not to go ahead . . . but if Josie doesn't step up, who will? This is a moving testament to the #MeToo movement, and all the ways women stand up for each other. "Brave, necessary, and unflinchingly real, Off the Record is an instant classic." --Marieke Nijkamp, #1 New York Times Bestselling author of This Is Where It Ends

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