

Fit Girls World Wide Book

An exercise book for every "body"! No matter who you are or what body type you have, there's the perfect exercise waiting for you in this incredible exercise guide. You want to get into shape but feel limited by your weight, age, or ability. You want to workout but think that the exercises seem too difficult. You're looking for a workout routine that is simple, flexible, and effective. If this sounds familiar, then Fitness for Everyone is perfect for you! Inside the pages of this motivational exercise guide, you'll find: - 50 exercises that have modifications for every body type - Step-by-step instructions showing you how to do each exercise - 10 fitness routines for specific physical and mental benefits - Expert advice on how to incorporate fitness into your everyday life Personal trainer and fitness coach, Louise Green, is on a mission to change the way we think about exercise! Gone are the days of restricted eating programs and high-intensity training workouts that are unsustainable in the long term. This book will show you how fitness can benefit your daily life - no matter your shape, size, age, or ability. Whether you've been working out for years or you're just getting started, you'll find something new, challenging, and exciting throughout the pages of this self-help book. The exercises included have variations for people of all body types and abilities. From pushups and burpees to planking and tricep dips, you'll soon start saying, "I can do every exercise in this book!" Yes, You Can Exercise! This inspirational book will empower you, motivate you, challenge you, and change you. It's your opportunity to reconnect with mind and body to enjoy the many benefits of an active lifestyle, physically and mentally. All you have to do is turn the page and start your journey!

Welcome to your guide on how to set various life boundaries! Free bonus inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW! Do you often find people abusing your private space? Would you like to know the basics on how to set your boundaries and prevent people from crossing them? A concise guide for parents, workmates, children and every other person to learn the best tips on creating reasonable boundaries. The guide outlines the limits, responsibilities and other aspects of human relationship with their families, friends, workmates and children. This guide will provide reasonable rationale for anyone to benchmark while making the bold steps in life. Any successful man or woman can always bank their capacities on the influence of their life goals. It is a healthy life skill when you understand the boundaries of your life. This is a culture you should develop from young age through your adulthood. This book will discuss on the various boundaries and how to set them in life. It is a resource that is gold mine for parents as they instill the culture of setting limits in their children; seniors as they come up with structures on how to relate at work among other aspects of life. You do not have to be a specialist to come up with your life boundaries. With this guide, anyone can learn the best tips on how to set up limits in their families, at work and with their friends. Additionally, the resource considers the inputs of trained counselors who could expand on the knowledge gained here so as to come up with the outright life boundaries. The book places emphasis on the need for boundaries. Life that has no boundary could be really flawed. The book will highlight on the various opportunities, healthy and balanced lifestyle chances one could miss with such a lifestyle. Some of these may include the basic spiritual growth opportunities such as what and how much to give. This guide will illustrate the limits of any life boundaries, their importance and what they are founded on. Life is a package of highs and lows- from marriage to work place and friends- we need to understand the best ways of solving the conflicts that may arise. ***Limited Edition*** Download your copy today!

Would You Like To Look Like One Of The 300? Exposed! Training Secrets To Build A Spartan Like Physique In The Fastest Time Possible Read on to discover how you too can look like one of the 300 by following a simple training plan fit for the spartans Have you ever watched

the movies on the famous 300 and thought to yourself "How can I look like one of them?" "Is it even possible?" If this is you then keep reading... Six day a week gym sessions lifting weights lasting nearly two hours followed by marathon cardio. Complicated split training programs, twice a day training, Isolation exercises, German Volume Training. I've had the pleasure (and sometimes the misfortune) of trying them all in my quest for the perfect workout plan. What if I told you against tradition and what may seem like common sense, that the best way to look like a spartan is to actually train much less, with basic exercises, but with total effort and focus? That this method has been developed and followed ever since man has lifted weights to improve his physique, is more akin to a science than an art form and some of the top bodybuilders of all time have been its advocates? That the results when followed heroically are mind blowing? It's all true Introducing The 300 Body How To Build A Spartan Physique This powerful guide will provide you with the vital ingredients you need for quick and effective results, these are not myths or miracle pills or revolutionary training machines...this is the tried and tested truth! By grabbing this guide and incorporating it into your life you will be well on your way to packing on quality slabs of muscle and having a Spartan like body. You can make muscle gain promises to yourself all day and night, but actually sticking to your goals is the hard part! Within this guide you will discover what works. Here's Exactly What You'LL Get Learn Why Strength Training Is The Shortcut To Building Muscle Discover The Basic Spartan Lifts How To Structure Your Workouts Quickly Get Results By Incorporating These Exercises Eat To Grow - Nutrition Overhaul And Much, Much More.. Get Instant Access Right Now

Somewhere in the world, a murderer is poised to strike. Meet the men and women who can stop him before it's too late. Introducing fifteen of the most clever and irresistible sleuths in world literature. SAMPLE EXCERPTS FROM: COLLECTING COOPER by Paul Cleave THE BURNING SOUL by John Connolly BURNED by Thomas Enger MIDWINTER BLOOD by Mons Kallentoft SHUNNING SARAH by Julie Kramer NORTHWEST ANGLE by William Kent Krueger LAST WILL by Liza Marklund DEVIL IN A BLUE DRESS by Walter Mosley BLESSED ARE THE DEAD by Malla Nunn UNWANTED by Kristina Ohlsson DOG ON IT by Spencer Quinn THE BOOK OF LOST FRAGRANCES by M. J. Rose THE GOAT WOMAN OF LARGO BAY by Gillian Royes A DOUBLE DEATH ON THE BLACK ISLE by A. D. Scott SOUTH BY SOUTHEAST by Blair Underwood, Tananarive Due, and Steven Barnes

Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelled—and she's done it while overcoming incredible challenges. Whether you know Bethany or not, whether you surf or not, everyone has challenges, and in Surfer Style, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, New You helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethany's personal trainer, recipes and information on healthy eating based on "Bethany's food pyramid," which follows the Mediterranean diet, and advice on deepening your spiritual health, for a total body wellness book perfect for growing girls. This isn't a book about Bethany, this is a book about wellness, becoming your best "you," through physical and spiritual balance, because spiritual health is just as important as physical health.

The rates are on the decline worldwide. But adolescent pregnancies still occur, placing millions of girls each year at risk for medical complications and social isolation and their babies for severe health problems-especially when prenatal care is inadequate or nonexistent. But as the opportunity for young women and girls increases around the world, adolescent pregnancy will continue to decline. Featuring reports from countries across the developed and developing worlds, the International Handbook of Adolescent Pregnancy analyzes the scope of the problem and the diversity of social and professional responses. Its biological/ecological perspective identifies factors influencing

childhood pregnancy, as well as outcomes, challenges and needs of very young mothers as they differ across nations and regions. Salient comparisons are made as cultural contexts and community support vary widely and attention is paid to issues such as child marriage, LGBT concerns and the impact of religion and politics on health care, particularly access to contraception, abortion and other services. This global coverage heightens the understanding of readers involved in care, education and prevention programs and otherwise concerned with the psychosocial development, reproductive health and general well-being of girls. Included in the Handbook: Biological influences of adolescent pregnancy. Adolescent maternal health and childbearing. Adolescent pregnancy and mental health. International perspectives on adolescent fathers. Adolescent pregnancy as a feminist issue. Adolescent pregnancy as a social problem. Plus viewpoints from more than thirty countries. As a unique source of up-to-date findings and clear-headed analysis, the International Handbook of Adolescent Pregnancy is a go-to reference for practitioners and researchers in maternal and child health, pediatrics, adolescent medicine and global health.

NEW YORK TIMES BESTSELLER • From Maria Menounos, self-proclaimed EveryGirl and host of E! News, comes a lasting weight-loss program based on the Mediterranean diet of her childhood that will encourage women to think “smarter, simpler, healthier”—a personal mantra that helped the star lose (and keep off!) forty pounds. TV host and journalist Maria Menounos was once more than forty pounds overweight, low on energy, and often sick. Desperate for a change, she tried a wide array of diet and exercise fads—with zero success. Like most EveryGirl out there, Maria lacked the time, money, energy, and willpower to get in shape. Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and health—and saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the world’s leading health and fitness experts—as well as the glamorous, superfit superstars she interviews regularly—Maria has created the ultimate no-time, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: *The EveryGirl’s Guide to Diet and Fitness*. Inside, you’ll discover all of Maria’s secrets: • her 9-step plan for losing weight fast • her lifelong plan for health and well-being • a complete blueprint for rebuilding your physical and emotional foundation • healthy, delicious, and easy-to-prepare recipes • the quickest, easiest, most effective workouts (no gym or trainer required!) • 1,000+ tips, tricks, and techniques for losing weight, getting fit, and staying that way • how to do it all when time and money are in short supply *The EveryGirl’s Guide to Diet and Fitness* is simply the most complete, effective, and convenient manual for all the EveryGirls out there who lack the time, money, or willpower to change. It’s not merely a weight-loss book. It’s a guide to help you get fit, feel healthy, be productive, and embark on a longer, happier, healthier life! Praise for *The EveryGirl’s Guide to Diet and Fitness* “With so many diets and fitness trends out there, sometimes the most obvious route to wellness is good, old-fashioned common sense. . . . Maria Menounos lost forty pounds on a ‘common-sense’ diet, exercise and lifestyle regime she created that doesn’t require a lot of money and time.”—StyleBistro “When you look at Maria you want what she’s having. This book tells you how to get it.”—Suzanne Somers “I love Maria’s approach to health and fitness. Her tips are easy to follow and she proves you don’t have to avoid some of your favorite foods in order to be fit. I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle!”—Serena Williams “For the multitasking busy girl, Maria proves by example that it can be done! Maria is very inspiring.”—Kim Kardashian “It’s not about being skinny. Maria shows you how to live a happy and healthy life—and still indulge. This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape.”—Khloé Kardashian

In late January, 2017, our daughter announced that she was pregnant with her third child. In her next breath, she told us that she and Adrian

were moving to Tennessee with the kids. Since that day, my life has turned upside down and as I hovered on the brink of entering the 7th decade of my life, I left California to follow the grands. I hope I can find a good cup of coffee when I reach the other side.

There are countless books on the market about nutrition, diet, and exercise in isolation. Optimal Aging brings these topics together as they relate to the process of aging and the diseases which so often accompany it. Written by Jerrold Winter, PhD, a professor of pharmacology and toxicology and the author of True Nutrition True Fitness, this book provides an integrated discussion about health matters, offering evidence-based advice regarding nutrition, exercise, and the use of pharmaceuticals as they relate to dementia, obesity, diabetes, cancer, pain, and other hazards of aging. Amid a sea of contradictory information about what's healthful, Optimal Aging stands out, delivering a comprehensive discussion about healthy living that's buoyed by source references, illustrative anecdotes, and just the right dose of humor. Drawing from current scientific understanding and providing historical perspectives, Winter speaks sensibly about drugs and their effects, vitamins and minerals, exercise, weight control, and treatment of age-related symptoms and diseases. With this authoritative book in hand, you'll gain a fundamental understanding of the disparate factors that come together to influence your well-being, setting you on the path to a longer, healthier, and happier life.

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 615 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books.

There is no secret to losing weight, building muscle, and getting in shape. We have always had the tools. We have lacked in creating habits using the tools we have. In this breakthrough book you will not hear the same old advice you have always heard about health, fitness, and dieting. This book is about truly creating a healthy lifestyle and making exercise a lifelong habit. Get Fit, Stay Fit, Remain Fit is a discovery of:

- How to build a system for achieving the healthy body you want.
- How to set goals, achieve goals, and stay on track as you go after your goals.
- How to stay motivated with exercise for the long-term so that nothing will stop you in the pursuit of what you want to accomplish. It's time for you to achieve your health and fitness goals. Forever. No more fitness-related New Year's resolutions. No more going on diets. No more temporary results. With Get Fit, Stay Fit, Remain Fit you will create habits that last and create results that last.

"An action-packed page turner with heart!"--Dav Pilkey, author of DOGMAN Hilo's back! Introducing an exciting, BRAND NEW epic story arc starring GINA in the New York Times BESTSELLING GRAPHIC NOVEL SERIES that kids and critics love! Hundreds of years ago, MAGIC disappeared from Earth. At least...UNTIL NOW. Because suddenly, giant magical beings are appearing and only GINA can see them. Not to mention, Gina can somehow do magic herself. Magic is powerful. But it can also be DANGEROUS. With DJ and HILO's help, can Gina figure out how to protect the magical beings from the creatures who are after them? AND how to use her magic to become who she was always meant to be? And can she do it WITHOUT putting the entire PLANET in JEOPARDY?! Find out in Hilo 7--a laugh-out-loud, action packed adventure filled with epic battles! friendship! annoying older brothers! annoying older sisters! good guys! bad guys! inappropriate jokes! mangoes! magic! and much, much more! Here's what people (and robots!) are saying about Hilo! "Every kid would love a pal like Hilo, and every kid will LOVE this book!" --Lincoln Peirce, author of Big Nate series "A story that can be enjoyed by the entire family." --New York Times

Mommy Muscles is for every woman who wants to improve herself and change her life forever. This book will help you achieve a healthy lifestyle by focusing on three factors: working out, eating healthy and keeping a positive outlook. Mommy Muscles offers

practical advice to help you find your motivation to meet the demands of a busy life while balancing your health and achieving your fitness goals. You'll find workout plans, recipes, and tips for being healthy every day, including on vacation and during the holidays. It is your time to lead a life where you are physically and mentally strong, happy and fulfilled.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

Provides craft ideas for young girls, from purses made from maps to embellished sandals, hip decorations, and earrings.

Cellulite: That dimpled, cottage cheese look that is prominent around the buttocks and the back of the lower legs. Men do not seem to have it, but just about every woman has it to some degree. Because of this, most experts think that there is something different about cellulite as compared to fat, and they will recommend therapies that are simply worthless. Gregg Hoffman, a fitness professional with over 25 years of experience and who has been voted as one of the top 100 personal trainers in America by Men's Journal magazine, challenges these myths and offers a diet and exercise program that truly works. The genesis of this book was from the success he had by helping his wife reshape her body, and in the process her cellulite diminished to a large degree. He wrote an article about it online, and it has been viewed over 66,000 times. Seeing that there is a strong desire by women to find remedies that work for diminishing cellulite, he did a three month long study where he took three women through a diet and exercise program and documented the results. In it, he shows all of the workouts describing the exercise routines, progressions,

pit falls, and ultimate successes of the three women. Additionally, he provides workout routines and exercise demonstrations so the reader can put together her own cellulite loss program.

Established in 1911, *The Rotarian* is the official magazine of Rotary International and is circulated worldwide. Each issue contains feature articles, columns, and departments about, or of interest to, Rotarians. Seventeen Nobel Prize winners and 19 Pulitzer Prize winners – from Mahatma Ghandi to Kurt Vonnegut Jr. – have written for the magazine.

This is a comprehensive history of the world's midwinter gift-givers, showcasing the extreme diversity in their depictions as well as the many traits and functions these characters share. It tracks the evolution of these figures from the tribal priests who presided over winter solstice celebrations thousands of years before the birth of Christ, to Christian notables like St. Martin and St. Nicholas, to a variety of secular figures who emerged throughout Europe following the Protestant Reformation. Finally, it explains how the popularity of a poem about a "miniature sleigh" and "eight tiny reindeer" helped consolidate the diverse European gift-givers into an enduring tradition in which American children awake early on Christmas morning to see what Santa brought. Although the names, appearance, attire and gift-giving practices of the world's winter solstice gift-givers differ greatly, they are all recognizable as Santa, the personification of the Christmas and Midwinter festivals. Despite efforts to eliminate him by groups as diverse as the Puritans of seventeenth century New England, the Communist Party of the twentieth century Soviet Union and the government of Nazi Germany, Santa has survived and prospered, becoming one of the best known and most beloved figures in the world.

The original CliffsNotes study guides offer expert commentary on major themes, plots, characters, literary devices, and historical background. The latest generation of titles in this series also feature glossaries and visual elements that complement the classic, familiar format. With help from CliffsNotes on *Incidents in the Life of a Slave Girl*, you explore the first book-length narrative by an ex-slave that reveals the unique brutalities inflicted on enslaved African women in the South. The chapter summaries and commentaries in this study guide expose you to a harrowing story of degradation and sexual exploitation; the struggle for freedom and self-definition; community and family; and writing as a means of freedom. Other features that help you study include An in-depth look at the life of the author, Harriet A. Jacobs Character analyses of major players A character map that graphically illustrates the relationships among the characters Critical essays Glossaries of key words and terms A review section that tests your knowledge Classic literature or modern-day treasure—you'll understand it all with expert information and insight from CliffsNotes study guides.

There's a lot a girl needs to know as she grows up and makes her way in the world. Having a reference guide of practical how-to life skills and character traits can empower her to become a confident and capable woman. Coauthors Erica and Jonathan Catherman offer this collection of step-by-step instructions on 100 things girls need to succeed, including how to - introduce yourself - change a flat tire - respectfully break up with a guy - leave a tip - apply for a job - ask for a promotion - behave during a police stop - create a personal budget - calculate square footage - wash your face - clear a clogged drain - iron a shirt - wear a scarf - shoot a basketball - sharpen kitchen knives - and much more In fact, if it's in here, it's an important skill or character trait practiced by capable and confident women. With great illustrations and sidebars of advice from world-class experts, this all-in-one reference tool for young women in the making is the perfect gift for birthdays, graduations, or any occasion.

How many diets have you been on? And how many times did you take weight off and put it back on? Dieting has more than a 90% failure rate. So, why try another diet? This book is jam packed with information about the futility of dieting, and guides you to a more holistic way of relating to yourself, food, and physical activity. In this book you will learn: The 7 reasons why diets set you up to fail The 3 core strategies to escape chronic dieting The 7 dimensions of whole living The 3 practices for optimal health The book also raises questions about the theory of emotional eating and warns of an increase in eating disorders as the war on obesity escalates. While reading this book you will have many ah-ha moments that will bring you inner peace, self-confidence and free you from the perils of dieting.

A comprehensive resource of physical education games designed to help children in grades K-8 develop the skills important to performing a wide variety of team and lifetime sports.

“Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes.” —Jessamyn Stanley, author of *Every Body Yoga* In *Big Fit Girl*, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one’s relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. “Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving.” —Linda Bacon, PhD, scientist, and author of *Health at Every Size* “Inspiring and empowering.” —Taryn Brumfitt, producer and director, founder of the Body Image Movement “I’m thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it’s time for every person of every size to have access to this information!” —Jes Baker, *The Militant Baker*

A question I frequently hear asked is "Why do men over the age of 40 struggle to lose weight?" And it is a fair question. That was about the time in my life when I had to start watching my weight. Now that I'm 65, it isn't getting any easier either as the years tick by. But with a lot of work, it is doable to keep your weight down and fitness level up. The chapters in this book show you how. If you're a male in your forties or older, you definitely know the struggle is real. It doesn't matter if you were an athlete back in college or even a soldier back in the day as I was for 36 years ... you will notice changes in your body. You'll find it easier to gain weight and more difficult to lose it. If you do workout, you'll find it more difficult to do the same things you used to do with ease. The weights will seem heavier. Your stamina will have dropped. You'll feel less energetic and driven. The only consolation here is that whatever you may be feeling is very normal. It's part and parcel of aging. Let's look at why a man has a tougher time losing weight once he crosses forty. In this book I'll show you what foods you should be eating and the exercise schedule you need to get and stay in shape as you continue through your middle age and into your senior years. It is possible to get in shape or stay in shape as you continue to age.

Mason's Backyard Workout is a story about a mouse name Mason who decides to have a backyard workout get-together with all of his animal friends after seeing a commercial on TV about how everyone needs to move and exercise. Mason asks his friend Ellen, the eagle, to help get the word out by dropping invitations to all his friends. His friends were excited about the backyard

workout. The story uses a variety of animals who participate in Mason's exercise fun with each one adding an exercise that they enjoy doing. As children experience Mason's Backyard Workout they will meet Mason the mouse and his animal friends and engage their imaginations in a way that will encourage them to have their own exercise fun.

This collection is the first of its kind to interrogate both literal and metaphorical transatlantic exchanges of culture and ideas in nineteenth-century girls' fiction. As such, it initiates conversations about how the motif of travel in literature taught nineteenth-century girl audiences to reexamine their own cultural biases by offering a fresh perspective on literature that is often studied primarily within a national context. Women and children in nineteenth-century America are often described as being tied to the home and the domestic sphere, but this collection challenges this categorization and shows that girls in particular were often expected to go abroad and to learn new cultural frames in order to enter the realm of adulthood; those who could not afford to go abroad literally could do so through the stories that traveled to them from other lands or the stories they read of others' travels. Via transatlantic exchange, then, authors, readers, and the characters in the texts covered in this collection confront the idea of what constitutes the self. Books examined in this volume include Adelaide Trafton's *An American Girl Abroad* (1872), Johanna Spyri's *Heidi* (1881), and Elizabeth W. Champney's eleven-book *Vassar Girl Series* (1883-92), among others.

In a small wooded lot a busy woman stumbles upon a strange doll the neighbors possibly left. She attempts to reveal who brought the toy to her home, but she uncovers no real leads. Then when a letter turns up asking her to give the doll away as soon as possible, she ends up on the edge of reason as the doll is in the midst of being reclaimed by someone. The doll although small and cuddly resembles a somewhat black entity similar to a doll she keeps in her home, but when a nearby psychic and fortune teller comes to her home asking her to give up the doll to keep her sanity, but she refuses. The stuffed animal then turns out to be more than she bargained for when the bear starts to grow a tail and red eyes. When she discovers those details, she desperately tries to send it away to a pawn shop owner, but the next day he ends up dead, and a new feeling that the stuffed bear may not be what she considered a stuffed cuddly toy anymore. The story focuses on the character of Mary, and the stuffed bear that she suddenly inherits when the doll is left on her doorstep. She finds that although the stuffed bear did have an owner, he ended up in a mental institution, and the bear was simply left behind, either by someone else or the bear itself. She doesn't want to come to the terms that it could have ended up on her doorstep, by itself, but when the tale that the previous owner claimed is finally revealed, she desperately searches for an answer to the horror of Truggle.

Lord Branin of the dragshi, is more than just a man, but two beings—one a dragon, the other a human. The pair share one body in space in time and are able to change forms with the other at will. From the time Branin's twinned soul, Llewlyn, awoke, Branin knew the freedom of flight. However, being a shifter comes with a price. Branin and Llewlyn are the only two of their kind who have not found their intended mates, despite millennia of waiting... and searching. The red-haired firebrand, Broch of Ky'Port plans to fill that position in Branin's life—with or without his cooperation. For eons, he fears he would never find a woman with her own dragon soul partner—until one day another's mind touched his.

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