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mangi tutto quello  
che vuoi, quando  
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sulla bilancia hai  
perso 19 kg, ecco  
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*Page 36/80*

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Pesce Forme Il  
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Con  
Haye, and Pippa  
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will help you lose  
seven pounds in  
seven days while  
experiencing  
lasting energy and  
eating all the foods  
you love. Over the

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past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people lose about

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thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body's energy stores activate what is known as sirtuins, or the "skinny gene," and many positive changes ensue. Fat storage

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is switched off, and our body stops its normal growth processes and goes into “survival” mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved



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resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating. Ranging from chocolate and red

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wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers.

Nutritionists Aidan Goggins and Glen Matten have created The Sirtfood Diet to

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help you effectively  
lose weight and  
improve your  
resistance to  
disease, while still  
giving you  
incredible energy  
and glowing health.

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The international  
bestselling novel  
sold in 21  
countries, about  
grief, mourning,

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and the joy of survival, inspired by a real phone booth in Japan with its disconnected "wind" phone, a place of pilgrimage and solace since the 2011 tsunami. When Yui loses both her mother and her daughter in the tsunami, she begins to mark the

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passage of time  
from that date  
onward: Everything  
is relative to March  
11, 2011, the day  
the tsunami tore  
Japan apart, and  
when grief took  
hold of her life. Yui  
struggles to  
continue on, alone  
with her pain.

Then, one day she  
hears about a man

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who has an old disused telephone booth in his garden. There, those who have lost loved ones find the strength to speak to them and begin to come to terms with their grief. As news of the phone booth spreads, people travel to it from

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miles around. Soon Yui makes her own pilgrimage to the phone booth, too.

But once there she cannot bring herself to speak into the receiver.

Instead she finds Takeshi, a bereaved husband whose own daughter has stopped talking in

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the wake of her mother's death. Simultaneously heartbreaking and heartwarming, The Phone Booth at the Edge of the World is the signpost pointing to the healing that can come after.

Frank Laporte-  
Adamski,

*Page 48/80*



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naturopath,  
osteopath,  
"Heilpraktiker",  
and the creator of  
a nutrition  
regulation that  
runs the body  
better by  
improving health  
and fitness, still  
insists after fifteen  
years that "we  
must have a clean  
digestive tract in

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order to live longer and be in better shape". For years Laporte-Adamski has promoted the consumption of acidic fruits, vegetable oils, and virgin olive oil from its first cold pressing, recognized today as anti-malady foods. Recent

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scientific discoveries show  
that the belly is our  
second brain. our  
immune defenses  
are found therein,  
and so it is vital not  
to clog the  
digestive organs.  
The foundation of  
our nutrition,  
health and  
longevity is the  
digestive tract

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itself, and Frank  
Laporte-Adamski is  
here to reveal how  
it works. The

Nutrition  
Revolution is an  
important book,  
the result of many  
years of practice  
and hundreds of  
resolved cases,  
intended for all  
those who have  
their psychological

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and physical  
wellbeing at heart  
and that desire to  
find an explanation  
and a concrete  
solution to many  
problems such as  
back pain,  
headaches,  
insomnia, fatigue,  
heavy legs,  
infections, skin and  
circulatory  
problems, and so

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"A perfect summer  
read [that] brims  
with heart . . .

Don't be surprised  
if you keep turning  
the pages long into  
the night,

spellbound by its  
magic." —The  
Denver Post A  
sweeping saga  
about four

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generations of a family who live and love on an enchanting island off the coast of Italy—combining the romance of Beautiful Ruins with the magical tapestry of works by Isabel Allende. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY

*Page 55/80*

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NPR □ Los Angeles  
Public Library □  
Kirkus Reviews  
"Captivating . . .

[Catherine]  
Banner's four-  
generation saga is  
set on an island  
near Sicily, where  
myths of saints get  
served up with  
limoncello at the  
Esposito family's  
bar. . . . The island



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is fictional, but  
consider this  
dreamy summer  
read your  
passport."—People  
"A lusty page-  
turner that weaves  
romance, rivalry  
and the intricacies  
of family  
expectations into  
one glorious  
tale."—Minneapolis  
Star Tribune

*Page 57/80*

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Castellamare is an island far enough away from the mainland to be forgotten, but not far enough to escape from the world's troubles. At the center of the island's life is a café draped with bougainvillea called the House at the Edge of Night,

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where the  
community gathers  
to gossip and talk.  
Amedeo Esposito, a  
foundling from  
Florence, finds his  
destiny on the  
island with his  
beautiful wife, Pina,  
whose fierce  
intelligence, grace,  
and unwavering  
love guide her  
every move. An

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indiscretion tests their marriage, and their children—three sons and an inquisitive daughter—grow up and struggle with both humanity's cruelty and its capacity for love and mercy.

Spanning nearly a century, through

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secrets and  
mysteries, trials  
and sacrifice, this  
beautiful and  
haunting novel  
follows the lives of  
the Esposito family  
and the other  
islanders who live  
and love on  
Castellamare: a  
cruel count and his  
bewitching wife, a  
priest who loves

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scandal, a prisoner of war turned poet, an outcast girl who becomes a pillar of strength, a wounded English soldier who emerges from the sea. The people of Castellamare are transformed by two world wars and a great recession, by the threat of

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fascism and their deep bonds of passion and friendship, and by bitter rivalries and the power of forgiveness.

Catherine Banner has written an enthralling, character-rich novel, epic in scope but intimate in feeling. At times,

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the island itself  
seems alive, a  
mythical place  
where the earth  
heaves with  
stories—and this  
magical novel  
takes you there.

Praise for *The  
House at the Edge  
of Night* “A  
gorgeous,  
sweeping story set  
over four



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generations . . .  
calls to mind  
Captain Corelli's  
Mandolin and  
Beautiful  
Ruins." —Interview  
"Like pictures of a  
childhood summer,  
or a half-forgotten  
smell, this book is  
sweet and heady  
with nostalgia . . .  
[and] comforting as  
a quilt." —NPR

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“Rich and immersive, this book will take you away.” —Vox “A masterful piece of storytelling, infused with the miraculous (both in stories and in everyday life) while maintaining the difficult balance between the explainable versus the

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inexplicable . . .  
captivating and  
beautifully  
rendered." —Sara  
Gruen, author of *At  
the Water's Edge*

A celebrity  
nutritionist outlines  
a food-based,  
recipe-augmented  
rapid-weight-loss  
plan for readers  
whose initial

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weight loss has halted, offering 3-day, 5-day and 10-day approaches to repairing stalled metabolic function. By the #1 best-selling author of *The Fast Metabolism Diet*. 150,000 first printing.

Human beings are

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inseparable from  
the natural world,  
co-evolving with all  
of life. In order to  
thrive, we need to  
nourish this bond.  
In *The Healing  
Code of Nature*,  
biologist Clemens  
G. Arvey  
illuminates the  
miraculous ways  
that the human  
body interprets the

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living “code” of plants, animals, and our larger natural habitat for healing and sustenance. Here is a book as inspiring as it is fascinating, offering a new vision for the future of medicine and the way we relate to our environment. Learn

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of how  
environmental  
experiences of a  
living being can  
directly affect  
genetic material □  
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treating cancer □  
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nature and taking a  
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stressors of  
modern living □  
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healing potential of  
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beyond the  
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reclaim nature as  
an unsolvable  
mystery

A champion tennis  
player reveals his

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dietary secret to optimum fitness, providing weekly menus, mindful eating tips, and recipes to support a gluten-free lifestyle.

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If you understand a traffic light, you'll understand this powerfully effective low-glycemic diet.

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It's the easiest,  
most satisfying  
eating plan  
possible. Both a  
New York Times  
and Wall Street  
Journal bestseller,  
here's the book  
that explains how  
to lose weight  
permanently  
without feeling  
hungry, counting  
calories, or

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into color-coded  
categories  
according to their  
G.I. rating: Red:

Avoid. Yellow: Eat  
occasionally.

Green: Make these  
foods the  
centerpiece of your  
diet. And that's it.

No more  
guesswork, no  
more formulas, no  
more fads. The G.I.

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Diet guides you to permanent weight loss as well as increased energy and a decreased risk of heart disease, stroke and diabetes. This revised and updated edition includes more comprehensive food lists; inspiring success stories;

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new tips on dining out; motivational help; plus recipes, snack ideas, a shopping list, and more.

"Cites published research demonstrating that the American medicine system is the leading cause of death and injury

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in the US."--P. [4]  
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