

A smiling woman with blonde hair tied back, wearing a red tank top and black shorts, is running on a paved path in a park. The background is filled with lush green trees and foliage. The overall scene is bright and positive, representing the theme of the book.

Susie Whalley
& Lisa Jackson

Zest

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Siddappa N.Byrareddy



Running Made Easy Zest:

Running Made Easy Susie Whalley, Lisa Jackson, 2004-03-11 It's motivational it's inspiring it's fun It's Running Made Easy And quite simply it's the friendliest running book on the block Running Made Easy is designed to get everyone who thought they could never run on their way to a better body bags of confidence and soaring energy levels Its revolutionary running programme involves just 60 seconds of running at a time and will take you from couch potato to fit and fab in just 10 weeks It'll encourage you to knock aside every excuse you've ever made and celebrate every step you take towards a fitter happier you Packed with amazing real life running and weight loss success stories and advice Running Made Easy also includes a highly motivating running diary and colourful fill in charts to help you track your progress and see just how well you're doing If you're ready to take up running this book's ready to become your best friend [How to Survive Counsellor Training](#) Rowan Bayne, Gordon Jinks, 2010-03-04 Training to be a counsellor can be an intense and demanding experience full of stresses and anxieties It can also be positive and fulfilling This easy to use guide can help you make the most of your training so that you survive and importantly enjoy your course From choosing a course to writing a report the book examines the biggest and passively most daunting issues you will face on the way to becoming qualified The information is presented in easily digestible bite size chunks so that you can dip in and out of the text as your training programme and your understanding progresses Drawing on the authors extensive teaching experience and the wider literature How to Survive Counsellor Training Provides a realistic and reassuring advice at every stage in order to reduce anxiety and allow you to grow in confidence Informs your choices and suggests possible actions and strategies Explains the rationale behind some aspects of training offering hints about how to get the most out of the experience Helps and encourages you to take care of yourself and pay attention to your own personal development Warns you about some of the challenges you might face and suggests strategies for coping with them Clearly structured and a pleasure to read and use this text is aimed at prospective and beginning trainees and will prove a practical and stimulating reference for counsellors throughout their training and beyond *Artisan Sourdough Made Simple* Emilie Raffa, 2017-10-24 The easy way to bake bread at home all you need is FLOUR WATER and SALT to get started Begin your sourdough journey with the bestselling beginner's book on sourdough baking over 150 000 copies sold Many bakers speak of their sourdough starter as if it has a magical life of its own so it can be intimidating to those new to the sourdough world fortunately with *Artisan Sourdough Made Simple* Emilie Raffa removes the fear and proves that baking with sourdough is easy and can fit into even a working parent's schedule Any new baker is inevitably hit with question after question Emilie has the answers As a professionally trained chef and avid home baker she uses her experience to guide readers through the science and art of sourdough With step by step master recipe guides readers learn how to create and care for their own starters plus they get more than 60 unique recipes to bake a variety of breads that suit their every need Featured recipes include Roasted Garlic and Rosemary Bread Cinnamon Raisin Swirl

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