

Fat Angie

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[Empress of the World](#) - Sara Ryan 2003-05-26

Nicola Lancaster is spending her summer at the Siegel Institute, a hothouse of smart, intense teenagers. She soon falls in with Katrina (Manic Computer Chick), Isaac (Nice-Guy-Despite-Himself), Kevin (Inarticulate Composer) . . . and Battle, a beautiful blond dancer. The two become friends--and then, startlingly, more than friends. What do you do when you think you're attracted to guys, and then you meet a girl who steals your heart? A trailblazing debut, reissued with an introduction by acclaimed author David Levithan, and copious back matter, including three graphic novel stories by Sara Ryan (and artists Steve Leiber, Dylan Meconis, and Natalie Nourigat) about the characters.

Fat Cat Sat on the Mat - Angie Peterson 2020-10-22

This clever rhyming story featuring a major orange dark-striped feline encourages kids figure out how to peruse! Big whig Sat on the Mat is a demonstrated champ-welcome at home and in the homeroom, as it makes kids snicker. The big shot sat on the tangle. "Get off!" said the rodent. Be that as it may, the heavy hitter just sat. Will the rodent get the tycoon off the tangle? Appreciate perusing this senseless story out loud for greatest impact! See whether rodent can get feline off the tangle in this amusing, phonetic Level One I Can Read that is ideal for kids figuring out how to sound out words and sentences. With rehashing sounds and words,

starting perusers will develop their perusing certainty as they snicker about the feline and the rodent and their kin style quarrel. Its likewise a present for any event to kids: Christmas Gifts Halloween Gifts Veterans Day Gifts Thanksgiving Gifts Birthday Gifts Mother's Day Gifts Careful Gifts

The Lost Girl - Anne Ursu 2019-02-12

Three starred reviews A Publishers Weekly Best Children's Book of 2019 Anne Ursu, author of the National Book Award nominee The Real Boy, returns with a story of the power of fantasy, the limits of love, and the struggles inherent in growing up. When you're an identical twin, your story always starts with someone else. For Iris, that means her story starts with Lark. Iris has always been the grounded, capable, and rational one; Lark has been inventive, dreamy, and brilliant—and from their first moments in the world together, they've never left each other's side. Everyone around them realized early on what the two sisters already knew: they had better outcomes when they were together. When fifth grade arrives, however, it's decided that Iris and Lark should be split into different classrooms, and something breaks in them both. Iris is no longer so confident; Lark retreats into herself as she deals with challenges at school. And at the same time, something strange is happening in the city around them, things both great and small going

missing without a trace. As Iris begins to understand that anything can be lost in the blink of an eye, she decides it's up to her to find a way to keep her sister safe.

Fat Chick - Lorraine Duffy Merkl 2009-06-01

A young woman in the advertising world in New York City knows all the terminology of the New York scene. Her problem is that she is overweight and her personal and professional life are influenced by her weight and appearance. She wins and loses professional positions and boyfriends.

Fat Angie - e.E. Charlton-Trujillo 2013-03-12

Winner of a 2014 Stonewall Book Award Her sister was captured in Iraq, she's the resident laughingstock at school, and her therapist tells her to count instead of eat. Can a daring new girl in her life really change anything? Angie is broken — by her can't-be-bothered mother, by her high-school tormenters, and by being the only one who thinks her varsity-athlete-turned-war-hero sister is still alive. Hiding under a mountain of junk food hasn't kept the pain (or the shouts of "crazy mad cow!") away. Having failed to kill herself — in front of a gym full of kids — she's back at high school just trying to make it through each day. That is, until the arrival of KC Romance, the kind of girl who doesn't exist in Dryfalls, Ohio. A girl who is one hundred and ninety-nine percent wow! A girl who never sees her as Fat Angie, and who knows too well that the package doesn't always match what's inside. With an offbeat sensibility, mean girls to rival a horror classic, and characters both outrageous and touching, this darkly comic anti-romantic romance will appeal to anyone who likes entertaining and meaningful fiction.

Body by Angie - Angie Lustrick 2010-01

Many of us have experienced the same thing. We diet, we deprive ourselves, we lose our sanity and then we give up only to add more weight and less self esteem to our already tired selves. This book is going to help you get out of that vicious circle, conquer your weight and IMPROVE your health once and for all! The principles and techniques found in this book will teach you why you need to eat to release the weight and what may be hindering your progress even with the strictest

of regiments. Knowing how to navigate your life through the social and environmental impacts of your lifestyle choices is the key to success. If you try to live in a bubble while transforming your body, it may result in some weight loss but once you exit the bubble and go back to your real life, things go haywire. *Body By Angie* will show you how you can transform your body AND your health. You will lose body fat and not muscle and increase your metabolism and stamina. You will change your body composition, decrease the risk of chronic disease and add quality to your life. This book will give you the roadmap you need to increase your personal health. Because we all know, without your health you really have nothing. Today is the day to start investing in YOU!

When We Was Fierce - E. E. Charlton-Trujillo 2016

In an endless cycle of street violence and retribution, is there any escape? A powerful verse novel by e.E. Charlton-Trujillo. Fifteen-year-old Theo isn't looking for trouble, but when he and his friends witness a brutal attack on Ricky-Ricky, an innocent boy who doesn't know better than to walk right up to the most vicious gang leader around, he's in trouble for real. And in this neighborhood, everything is at stake. In a poignant, unflinching novel of survival told largely in street dialect, e.E. Charlton-Trujillo enters the lives of teenagers coming of age in the face of spiraling violence among gangs, by police, and at home.

My Big Fat Demon Slayer Wedding - Angie Fox 2013-06-29

What's your favorite way to get revenge? Mine is ordering poofy bridesmaid dresses for biker witches. Yes, my studly Greek griffin has popped the question. And, no, I'm not a small, simple-wedding type of girl. Sorry, not sorry. Oh, look—a big ass mansion for rent! Too bad being a demon slayer makes everything more complicated. For starters, the vengeful Earl of Hell is on my tail and trying to crash the party. And now it seems one of the guests at the eccentric, seaside mansion is possessed and trying to kill me. Maybe I should just elope. My studly groom vows to protect me at all costs. Yet even he's acting strange. And minions of the devil are popping up everywhere. As the wedding draws closer, I have to learn who is behind the attacks—and fast—or risk losing everyone I love.

My Voice - Angie Martinez 2017-03-07

Now in paperback—Angie Martinez, the “Voice of New York,” candidly recounts the story of her rise to become an internationally celebrated hip hop radio icon. In her current reign at Power 105.1 and for nearly two decades at New York’s Hot 97, Angie Martinez has had one of the highest rated radio shows in the country. After working her way up as an intern, she burst on the scene as a young female jock whose on-air “Battle of the Beats” segment broke records and became a platform for emerging artists like a young Jay Z. Angie quickly became known for intimate, high-profile interviews, mediating feuds between artists, and taking on the most controversial issues in hip hop. At age twenty-five, at the height of the East Coast/West Coast rap war, Angie was summoned by Tupac Shakur for what would be his last no-holds-barred interview—which has never aired in its entirety and which she’s never discussed in detail—until now. Angie shares stories from behind-the-scenes of her most controversial conversations, from onetime presidential hopeful Barack Obama to superstars like Mary J. Blige and Chris Brown, and describes her emotional, bittersweet final days at Hot 97 and the highly publicized move to Power 105.1. She also opens up about her personal life—from her roots in Washington Heights and her formative years being raised by a single mom in Brooklyn to exploring the lessons that shaped her into the woman she is today. From the Puerto Rican Day Parade to the White House—Angie is universally recognized as a powerful voice in the Latino and hip hop communities. My Voice gives an inside look at New York City’s one-of-a-kind urban radio culture, the changing faces of hip hop music, and Angie’s rise to become the Voice of New York.

Not a Unicorn - Dana Middleton 2021-09-21

Magic, adventure, and friendship collide in warm and funny novel about the power of self-acceptance to change the world. Jewel's your average eighth grader. Awkward relationship with a cute boy, ex-BFFs with a popular girl, mom issues at home. You've read it all before. Except for one thing: Jewel has a unicorn horn on her head. (Okay, and one other thing, but it's just too weird to mention here!) Jewel tries to stay invisible at school, looking forward to the day when she can finally leave her small

town behind, making art with her fellow weirdos, and obsessively reading graphic novels with her best friends. But when she's selected to represent her school at the regional French speaking competition, she decides she's had enough of the shy life. The horn needs to come off. What happens when you have the ability to become the girl you've always wanted to be? When you don't know your true self, how do you know your true friends? What happens when everything in your life—your biggest struggle, your greatest joy, and your dearest friends—all combine in one calamitous adventure? With a sparkle of magic, a treasure trove of true determination, and help from all her friends both real and invisible, Jewel just might survive this year with her heart—and her head—intact. **THE ULTIMATE EMPATHY READ:** The unicorn horn in this book is a perfect symbol for all the ways every young person feels strange, different, or unusual in any way. While readers' specific situations may differ from Jewel's, her struggle for self-acceptance will resonate with readers of all stripes, circumstances, and backgrounds. **A RICH, FANTASTIC FANTASY:** At the heart of this book is a rich, multi-layered fantasy adventure that will have all readers thinking twice about the stories they read, the friends they have, and the superpowers they may not even know they possess. **IRRESISTIBLE MIDDLE SCHOOL DRAMA:** Catty ex-friends, terrifyingly unapproachable boys, embarrassing dance proposals, inspirational teachers—this book has all the hallmarks of everyone's favorite middle grade fare. **UNFORGETTABLE CHARACTERS:** Readers won't want to leave this world behind! The main characters and the families in this book are real, warmly drawn, and endlessly relatable. Readers will return to the book just to live in the world for a little bit longer. **RELATABLE FAMILY ISSUES:** Jewel's family deals with situations that will be very familiar to most readers: high hopes for the future, never having enough money, and the distance between what we want and what we have. The family dynamics are relatable, too: Jewel's single mom works a low-paying job, and they live in an apartment with Jewel's grandma. The warmth of this family despite their difficulties will stay with readers long after they close the cover. Perfect for: tweens, fans of unicorns, fantasy readers,

parents, educators

How Not to Drown in a Glass of Water - Angie Cruz 2022-09-13

Cara Romero thought she would work at the factory of little lamps for the rest of her life. But when, in her mid-50s, she loses her job in the Great Recession, she is forced back into the job market for the first time in decades. Set up with a job counselor, Cara instead begins to narrate the story of her life. As Cara confronts her darkest secrets and regrets, we see a woman buffeted by life but still full of fight

[What We Don't Talk About When We Talk About Fat](#) - Aubrey Gordon 2020-11-17

From the creator of *Your Fat Friend* and co-host of the Maintenance Phase podcast, an explosive indictment of the systemic and cultural bias facing plus-size people. Anti-fatness is everywhere. In *What We Don't Talk About When We Talk About Fat*, Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive of plus-sized people's experiences. Unlike the recent wave of memoirs and quasi self-help books that encourage readers to love and accept themselves, Gordon pushes the discussion further towards authentic fat activism, which includes ending legal weight discrimination, giving equal access to health care for large people, increased access to public spaces, and ending anti-fat violence. As she argues, "I did not come to body positivity for self-esteem. I came to it for social justice." By sharing her experiences as well as those of others—from smaller fat to very fat people—she concludes that to be fat in our society is to be seen as an undeniable failure, unlovable, unforgivable, and morally condemnable. Fatness is an open invitation for others to express disgust, fear, and insidious concern. To be fat is to be denied humanity and empathy. Studies show that fat survivors of sexual assault are less likely to be believed and less likely than their thin counterparts to report various crimes; 27% of very fat women and 13% of very fat men attempt suicide; over 50% of doctors describe their fat patients as "awkward, unattractive, ugly and noncompliant"; and in 48 states, it's legal—even routine—to deny employment because of an

applicant's size. Advancing fat justice and changing prejudicial structures and attitudes will require work from all people. *What We Don't Talk About When We Talk About Fat* is a crucial tool to create a tectonic shift in the way we see, talk about, and treat our bodies, fat and thin alike.

Lupe Lopez: Rock Star Rules! - e.E. Charlton-Trujillo 2022-06-28

When Lupe Lopez struts through the doors of Hector P. Garcia Elementary in sunglasses with two taped-up Number 2 pencils--drumsticks, of course--poking from her pocket, her confidence is off the charts. All day, Lupe drums on desks, tables, and chairs while Ms. Quintanilla reminds her of school rules. Lupe has her own rules: 1) Don't listen to anyone. 2) Make lots of noise. Rataplan! 3) Have fans, not friends. But with her new teacher less than starstruck, and fans hard to come by, Lupe wonders if having friends is such a bad idea after all. Can it be that true star power means knowing when to share the spotlight?

Fat Girls Hiking - Summer Michaud-Skog 2022-03-29

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.

Prizefighter en Mi Casa - e.E. Charlton-Trujillo 2007-12-11

Twelve-year-old Chula Sanchez isn't thin, isn't beautiful, and because she's Mexican, isn't popular in her south Texas town. And now that a car accident has left her father paralyzed and her plagued with seizures, she is poor. But Chula's father is determined to pull his family out of debt. He sends for El Jefe—the most revered prizefighter in Mexico. Chula's father hopes that with steel-pipe arms and fists like pit bulls, El Jefe will win the local illegal boxing matches and bring home much-needed money. But El Jefe—a man who many see as a monster—only brings confusion to a home that is already filled with problems. And now Chula must decide for herself whether good and bad can reside in one person and whether you can have strength in your heart when your fists have none.

[My Big Fat Witch Wedding](#) - Amanda M Lee 2021-10-31

The big day is finally here. Bay and Landon's wedding day has arrived. Unfortunately, a tragedy stands in the way of their happily ever after,

and it comes in the form of reports of an armed gunman at the local high school. Bay, ghosts at her side, braves the scene to save the kids ... and uncovers something horrific. She. The boy with the gun says he needs to find her. The teacher in the room with him says the same thing before taking his own life. There's a magical being in Hemlock Cove, and she's wielding a great deal of power as she forces people to kill in her name. Bay refuses to back down, convinced that the magical explosion they can't get under control at Hollow Creek is partially to blame. The problem is so big, another witch needs to be tapped to help them solve it. Scout Randall, part of the Spells Angels group in Hawthorne Hollow, is more than happy to lend her services. She owes the Winchesters a favor after all. She simply might not be enough. Bay and Landon have been through more than any couple should have to survive ... and they're not done. Here comes the wedding ... and Clove's baby ... and the worst enemy they've ever fought. The Winchesters are strongest together, and this time they're going to prove that there's no keeping a good witch down. I do? It's coming, because nothing can stop these witches when love and family are on the line.

Fat Angie - E. E. Charlton-Trujillo 2015-09-08

Fat Angie's sister was captured in Iraq, she is the resident laughingstock at school, and her therapist tells her to count instead of eat, but her life changes when she meets the daring new girl, KC Romance.

Low Carb, High Fat Food Revolution - Andreas Eenfeldt 2017-03-28

You hear miraculous stories in the news all the time—a man loses 370 pounds, another is able to return ten of his twelve medications at the pharmacy, and an epileptic child suddenly stops having seizures—each experiences a miraculous change in health, all from simply changing his or her diet. Fascinatingly, these stories all have one thing in common; the subjects started eating the opposite of what they had previously been told was healthy. The dietary guidelines they had learned growing up had failed them. Medical science has long turned a blind eye to such stories. But now the tide is changing, as more and more major studies are being conducted on what the body truly needs to survive—and the findings are alarming. The belief in eating less fat and less saturated fat is mistaken.

Inadvertently, this advice may be the biggest reason behind the obesity and diabetes epidemic. It's time to take a stand; it's time for real food again! In *Low Carb, High Fat Food Revolution*, Dr. Andreas Eenfeldt takes the offensive by exploring the severe systematic failures on which many of today's dietary guidelines are based. For Eenfeldt's patients, the solution has been a low-carb, high-fat diet that allows you to eat your fill—and still lose weight. The book concludes with a guide section full of tips and recipes—everything you need to start your own food revolution.

Butcher and Beast - Angie Mar 2019-10-01

"A fashionably photographed book that's as high-rolling and unapologetically carnivorous as [the Beatrice Inn]."—The New York Times Book Review IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW The Beatrice Inn's presence in New York City spans close to a century, and its history is ever changing, from one of New York's first speakeasies, frequented by Fitzgerald and Hemingway, to a beloved neighborhood Italian restaurant to one of the city's most notorious night clubs. Angie Mar purchased the Beatrice Inn in 2016 and led the storied landmark into its next chapter. Mar transformed the space and the menu into a stunning subterranean den where guests are meant to throw caution to the wind and engage in their most primal of senses. Pete Wells, in his rave two-star New York Times review, summed it up best: "It is a place to go when you want to celebrate your life as an animal." Now, in Mar's debut cookbook, the Beatrice Inn experience will resonate with readers no matter where they live. *Butcher and Beast* invites readers into this glamorous, gutsy, and forever-nocturnal world. Mar's unconventional approach to flavor profiles are captured in over 80 recipes, including Milk-Braised Pork Shoulder, Duck and Foie Gras Pie, Venison Cassoulet, and Bone Marrow-Bourbon Crème Brûlée. Throughout are also essays on Mar's controversial and cutting-edge dry-aging techniques, her adoration of Champagne, the reality of what it takes to lead in the New York City restaurant scene, and the love and loyalty of her tight-knit family. Visually arresting photography shot entirely on Polaroid film captures the elegant and ever-opulent world of

the Beatrice Inn.

Italian American - Angie Rito 2021-10-26

IACP AWARD FINALIST • Reimagine Italian-American cooking, with more than 125 recipes rich with flavor and nostalgia from the celebrated husband-and-wife chef team of Michelin-starred Don Angie in New York City. “Every bit of warmth and hospitality that you feel when you walk into Don Angie pours out of every page of this magical book.”—Michael Symon ONE OF THE BEST COOKBOOKS OF THE YEAR: New York Post, Minneapolis Star Tribune, Food52, Epicurious, Taste of Home The words “red sauce” alone conjure images of an Italian-American table full of antipasti, both hot and cold, whisked off to make room for decadent baked pastas topped with molten cheese, all before a procession of chicken parm or pork chops all pizzaiola—and we haven’t even gotten to dessert. It’s old-school cooking beloved by many and imbued with a deep sense of family. In *Italian American*, Angie Rito and Scott Tacinelli, the chefs of critically acclaimed Don Angie in New York City’s West Village, reinvigorate the genre with a modern point of view that proudly straddles the line between Italian and American. They present family classics passed down through generations side-by-side with creative spins and riffs inspired by influences both old and new. These comforting dishes feel familiar but are far from expected, including their signature pinwheel lasagna, ribs glazed with orange and Campari, saucy shrimp parm meatballs, and a cheesy, bubbling gratin of broccoli rabe and sharp provolone. Full of family history and recipes that will inspire a new generation, *Italian American* provides an essential, spirited introduction to an unforgettable way of cooking.

Fat Angie - e. E Charlton-Trujillo 2013

Angie overeats to cope with the taunts of the ultra-mean girls, her attempted suicide in front of a packed gym, and the status of her captured war-hero sister, until *KC Romance* comes to town and sees Angie for who she really is.

Something Like Gravity - Amber Smith 2019-06-18

For fans of *Love, Simon* and *Eleanor & Park*, a romantic and sweet novel about a transgender boy who falls in love for the first time—and how first

love changes us all—from New York Times bestselling author Amber Smith. Chris and Maia aren’t off to a great start. A near-fatal car accident first brings them together, and their next encounters don’t fare much better. Chris’s good intentions backfire. Maia’s temper gets the best of her. But they’re neighbors, at least for the summer, and despite their best efforts, they just can’t seem to stay away from each other. The path forward isn’t easy. Chris has come out as transgender, but he’s still processing a frightening assault he survived the year before. Maia is grieving the loss of her older sister and trying to find her place in the world without her. Falling in love was the last thing on either of their minds. But would it be so bad if it happened anyway?

Fat Chance, Charlie Vega - Crystal Maldonado 2021-02-02

Coming of age as a Fat brown girl in a white Connecticut suburb is hard. Harder when your whole life is on fire, though. A New England Book Award Winner! Charlie Vega is a lot of things. Smart. Funny. Artistic. Ambitious. Fat. People sometimes have a problem with that last one. Especially her mom. Charlie wants a good relationship with her body, but it's hard, and her mom leaving a billion weight loss shakes on her dresser doesn't help. The world and everyone in it have ideas about what she should look like: thinner, lighter, slimmer-faced, straighter-haired. Be smaller. Be whiter. Be quieter. But there's one person who's always in Charlie's corner: her best friend Amelia. Slim. Popular. Athletic. Totally dope. So when Charlie starts a tentative relationship with cute classmate Brian, the first worthwhile guy to notice her, everything is perfect until she learns one thing--he asked Amelia out first. So is she his second choice or what? Does he even really see her? Because it's time people did. A sensitive, funny, and painfully honest coming-of-age story with a wry voice and tons of chisme, *Fat Chance, Charlie Vega* tackles our relationships to our parents, our bodies, our cultures, and ourselves. An NPR Best Book of the Year An Amazon Best Children’s Book of the Year A POPSUGAR Best New Young Adult Novel A Cosmopolitan Best New Book A Bustle Most Anticipated Debut A Forbes Most Notable Young Adult Book A YALSA Best Fiction for Young Adults Nominee A Latinxs in Publishing Best Books of the Year A Kirkus Reviews Best Young Adult

Book of the Year A Business Insider Best Young Adult Romance Book
10 Fat Turkeys - Tony Johnston 2009

The antics of ten fat turkeys on a fence illustrate counting from ten to one. On board pages.

Fat Angie: Rebel Girl Revolution - e.E. Charlton-Trujillo 2019-03-05

More trouble at school and at home — and the discovery of a missive from her late soldier sister — send Angie and a long-ago friend on an RV road trip across Ohio. Sophomore year has just begun, and Angie is miserable. Her girlfriend, KC, has moved away; her good friend, Jake, is keeping his distance; and the resident bully has ramped up an increasingly vicious and targeted campaign to humiliate her. An over-the-top statue dedication planned for her sister, who died in Iraq, is almost too much to bear, and it doesn't help that her mother has placed a symbolic empty urn on their mantel. At the ceremony, a soldier hands Angie a final letter from her sister, including a list of places she wanted the two of them to visit when she got home from the war. With her mother threatening to send Angie to a “treatment center” and the situation at school becoming violent, Angie enlists the help of her estranged childhood friend, Jamboree. Along with a few other outsiders, they pack into an RV and head across the state on the road trip Angie's sister did not live to take. It might be just what Angie needs to find a way to let her sister go, and find herself in the process.

Feels Like Home - e.E. Charlton-Trujillo 2008-11-11

Growing up in a dead-end South Texas town, Mickey had two things she could count on: her big brother, Danny—the football hero everyone loved—and a beat-up copy of *The Outsiders*. But after the accident—after Danny abandoned her to a town full of rumors and a drunken father—all Mickey had left was a smoky memory, her anger, and the resolution to get out of town for good. But Danny is back—and he's not the golden boy who left six years ago. He's altogether a different person, and the life Mickey has worked so hard to rebuild seems to be falling apart. Danny's anger is something Mickey just can't forgive, and his best friend's mysterious death six years ago keeps coming back to haunt the edges of her mind. No matter how hard she tries, she can't remember what

happened that night—and she's starting to realize that remembering is the only way she can move on. She'll have to face the brother who broke her heart, and that beat-up book that will never again feel like home.

Not Your Average Runner - Jill Angie 2017-12-29

Run for fun—no matter your size, shape, or speed! Do you think running sucks? Do you think you're too fat to run? With humor, compassion, and lots of love, Jill Angie explains how you can overcome the challenges of running with an overweight body, experience the exhilaration of hitting new milestones, and give your self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes, and speeds, and, since then, has assembled a global community of revolutionaries who are taking the running world by storm. If you would like to be part of the revolution, this is the book for you!

Claus: Legend of the Fat Man - Tony Bertauski 2013-12-28

This week only, save 10% to 40% on the boxed sets, Claus Boxed (Volume 1 and Volume 2)... In the early 1800s, Nicholas Santa discovered an ancient race of elven. Short, fat and hairy, they have lived peacefully on the North Pole since the Ice Age but Nicholas is quickly swept into the colony's first and only fracture. The elven known as the Cold One has divided his people. His name is Jack. And Jack's tired of hiding. Why should they live in a shrinking ice cap when humans occupy the rest of the world? It's just not fair. There's no stopping Jack from world domination until Nicholas Santa, the only human to enter the elven colony, joins helium-bladder reindeer, artificially-intelligent snowmen, and a merry band of big-footed elven to bring peace back to the North Pole. And becomes a legend. **REVIEWS FOR THE CLAUS UNIVERSE** “Amazing rewrites that will astound you!” -Ruth Jackson, Reviewer“Best Santa Story Ever!” - Bob, Reviewer“Simply lovely.” -jl, Amazon

Reviewer“MY HEART GREW THREE SIZES...” - Reviewer“Couldn’t Put It Down.” - Reviewer“Fantasy at it’s [sic] finest.” -Carol, Reviewer“Absolutely phenomenal!” -JayFly, Reviewer“A++” -TKJ 131, Reviewer“Absolutely Awesome.” -Dee greusel, Reviewer“I absolutely love this series...” -Kara McCabe, Reviewer“Tony is an excellent story teller!” jlllake, Reviewer“I want MORE!” -J. Bunch, Reviewer“Awesomely engaging!” -Janice Everett, Reviewer

Running with Curves - Jill Angie 2015-03-20

Look no further, because this is the book of running tips for you. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving your self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. This book is specifically about how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now.

Drawing on 15 years of experience as a curvy runner, Jill gives you everything you won't find in the typical beginner's running book, such as standing up to your inner mean girl, finding the right sports bra, and building up your self-confidence one step at a time. No matter what size you are, by the end of this book, even the most beginner runner will realize they are capable of much more than they ever thought possible.

Putting Makeup on the Fat Boy - Bil Wright 2012-08-07

Sixteen-year-old Carlos Duarte is on the verge of realizing his dream of becoming a famous make-up artist, but first he must face his jealous boss at a Macy's cosmetics counter, his sister's abusive boyfriend, and his crush on a punk-rocker classmate.

Abigail the Whale - Davide Cali 2016-09-13

Abigail dreads swimming lessons because all the kids yell, "Abigail is a whale", when she jumps into the pool. But when her swimming teacher suggests that she needs to think light in order to swim well, things begin to turn around. And soon Abigail starts thinking about a lot of things.

Slow Fat Triathlete - Jayne Williams 2004

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.

101 Healthiest Foods for Kids - Sally Kuzemchak 2018-10-16
Written by a mom and registered dietitian who specializes in family nutrition, 101 Healthiest Foods for Kids is an interactive guide for parents and kids to discovering what fruits, veggies, whole grains, and more are best for fueling kids' minds and bodies. Plus, find tips for selecting, serving, and prepping these wholesome foods; answers to your biggest nutrition questions; and strategies for encouraging picky eaters. Do you and your kids love living a healthy lifestyle (or are you looking to make that a goal)? Are you curious about which foods are ideal for childhood nutrition? Let 101 Healthiest Foods for Kids be your handbook to everything whole food, no matter where you may be on your journey! This family-friendly guide includes informational sidebars with great tips and tricks for getting kids to try new foods and make healthy choices, as well as answers to questions, like: Is juice healthy?, Does my child need a multivitamin?, and Do kids need more protein? From fruits and veggies, to whole grains and protein-rich foods, you'll find 101 full profiles on foods such as: Sugar snap peas Zucchini Sweet potato Papaya Pomegranate Dates Farro Lentils Sunflower seeds And so many more! On top of all that, you'll also find more than 25 quick and easy recipes you can make as a family, from Beet & Berry Smoothies to Cauliflower Nuggets and Red Lentil Snack Cookies. Keep this colorful, easy-to-skim guide in your kitchen to grab again and again. Pick a food that's new to you, or one you love and want to get the kids excited about, and let the fun begin!

Fat Angie: Homecoming - E. E. Charlton-Trujillo 2021

With unexpected internet fame, two people vying for her heart, an all-girl band, and coming to terms with her parents' failures, Angie comes home to herself in a rewarding finale. After hitting the road with her friends last summer and taking the stage to sing her heart out in Columbus, Angie finally feels like she's figuring things out. And her next move? Finally asking Jamboree Memphis Jordan to be her girlfriend. Angie's got her speech ready on a set of flash cards, but her plans are complicated

when her first love, KC Romance, comes cruising back into town. And when a video of Angie's Columbus performance goes viral, everything gets even more confusing. Kids at school are treating her with respect, she's being recognized in public, and her couldn't-be-bothered mother is . . . well, bothered is an understatement. When she learns of an online music competition, Angie decides to start a band. With the help of her brother, Jamboree, and her town's resident washed-up rock star, Angie puts together a group and gets busy writing songs, because the competition deadline is only two weeks away. Between sorting out her feelings for Jamboree and KC, dealing with her newfound fame, and dodging an increasingly violent and volatile mother, singing seems like the only thing that Angie's really good at. Can her band of girl rockers actually win? More importantly, can Angie get it together before she loses all sense of herself yet again?

Angie Bongiolatti - Mike Dawson 2013-09-01

Set in the same universe as Troop 142, Dawson's much acclaimed tale of Boy Scouts gone wild, Angie Bongiolatti puts away childish things and moves into the city. Growing up is hard to do in a society overwhelmed by pre-millennium tension, Y2K bugs, endless war and bursting bubble economies. Angie finds herself stretched thin as the common thread between these newly minted adults.

Love Is the Drug - Alaya Dawn Johnson 2014-09-30

Emily Bird was raised not to ask questions. She has perfect hair, the perfect boyfriend, and a perfect Ivy-League future. But a chance meeting with Roosevelt David, a homeland security agent, at a party for Washington DC's elite leads to Bird waking up in a hospital, days later, with no memory of the end of the night. Meanwhile, the world has fallen apart: A deadly flu virus is sweeping the nation, forcing quarantines, curfews, even martial law. And Roosevelt is certain that Bird knows something. Something about the virus--something about her parents' top secret scientific work--something she shouldn't know. The only one Bird can trust is Coffee, a quiet, outsider genius who deals drugs to their classmates and is a firm believer in conspiracy theories. And he believes in Bird. But as Bird and Coffee dig deeper into what really happened that

night, Bird finds that she might know more than she remembers. And what she knows could unleash the biggest government scandal in US history.

Fat Like Us - Jean Renfro Anspaugh 2001

"... Meet men and women who have struggled with weight their entire lives and who come to the Diet Capital in order to finally conquer their unruly bodies."--Cover.

Summer Days and Summer Nights - Stephanie Perkins 2016-05-17
Maybe it's the long, lazy days, or maybe it's the heat making everyone a little bit crazy. Whatever the reason, summer is the perfect time for love to bloom. Summer Days and Summer Nights: Twelve Love Stories, written by twelve bestselling young adult writers and edited by the international bestselling Stephanie Perkins, will have you dreaming of sunset strolls by the lake. So set out your beach chair and grab your sunglasses. You have twelve reasons this summer to soak up the sun and fall in love.

The Whole Body Reset - Stephen Perrine 2022-03-01

New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of "protein timing" for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and "inevitable" weight gain, and changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP

employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks

to Olive Garden. And best of all: It works!

Rebel Girl Revolution - E. E. Charlton-Trujillo 2019

More trouble at school and at home--and the discovery of a missive from her late soldier sister--send Angie and a friend from long ago on an RV road trip across Ohio in this follow-up to "Fat Angie."x 7 13/16.