

Reviews & News

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Books That Make A Difference RECOMMENDED READING



THE ACCOMPLISHMENT JOURNAL BY GINA ROBISON-BILLUPS AND BRENDA PRINZAVALLI



THE ACCOMPLISHMENT JOURNAL FOR WOMEN ENTREPRENEURS

Deceptively Simple; Incredibly Powerful.
The Mission: Get done in one day what others do in a week and have a balanced life. The Result: The Accomplishment Journal for Women Entrepreneurs.

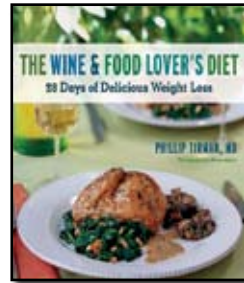
This transformative system gives entrepreneurs easy and immediate access of where business stands and what needs to be done to reach goals. The system offers a unique "daily snapshot" of where and how you're business is progressing and immediate feedback on your success.

The Compact Design fits into purses, laptop bags, and can go anywhere for any meeting or occasion. This little book holds a lot of tools necessary for business success--everything from appointments, tasks, project management, daily metrics, vision boards and more.

The Accomplishment Journal also acts as your own personal business coach saving your thousands of dollars a year or enhance your work with the business coach to get more bang for your buck. While others are struggling, you will find that you are focused and effective. Hailed by accomplished female CEOs as a lifesaver, this journal has been attributed by one CEO as helping her earn an extra \$30,000.

"A truly vital tool for my business planning, ideas and execution. Since I began using this journal I have found I am able to accomplish more in my day, with less stress and a feeling of confidence, success and excitement. Step by step guidance to achievement! Thank you for taking the time to develop such a great and effective system." Eugenia Jarrett, Associate Editor - In Light Times

THE WINE AND FOOD LOVER'S DIET BY M.D. PHILIP TIMAN



28 DAYS OF DELICIOUS WEIGHT LOSS EAT GOOD FOOD, DRINK A LITTLE WINE, LOSE WEIGHT! SOUNDS TOO GOOD TO BE TRUE?

Not with The Wine and Food Lover's Diet. Created by a sports doctor with a background in nutrition, this is a diet that combines healthful eating with a love of eating. Imagine a meal of bacon-topped arugula salad, pecan-crusted chicken paired with the perfect glass of wine, and closing with chocolate soufflé or some ice cream and a cup of coffee—and then, even better, looking at the decrease on the scales the next morning.

Dr. Phillip Tirman's 28-day plan sheds the pounds and the diet angst. He knows that most diets fail because they're based on ...

MINDMUSCLE BY ZOE ROXANNE ZTAR/KAKAS



A SIMPLE REALIST GUIDE TO PHYSICAL, MENTAL & SPIRITUAL FITNESS

author Zoe Roxanne Ztar/Kakas draws upon her more than twenty-five years of experience and expertise as a fitness instructor of learning and teaching group exercise and personal training courses. Her knowledge focuses on aiding the reader in identifying personal problems and barriers to living an optimal life of personal satisfaction, emotional development, and spiritual accomplishment.

"Mindmuscle" provides practical, realistic, and thoroughly 'user friendly' techniques for a journey of self-examination and the setting of personal goals. It covers a comprehensive diversity of thematically relevant issues including positive thinking, prayer, goal setting, the value of gratitude, eating disorders, keeping a food inventory... *Micah Andrew, Reviewer*

NEW RELEASES

MODERNIST CUISINE: THE ART OF SCIENCE & COOKING
 Nathan Myhrvoid
THE PALEO SOLUTION: THE ORIGINAL HUMAN DIET
 Robb Wolf
COCO CHANEL: THE LEGEND AND THE LIFE
 Justine Picardie
DEAD OR ALIVE
 Tom Clancey
SKINNY ITALIAN: EAT IT AND ENJOY IT!
 Heather MacLean & Teresa Giudice


FREE WORKSHOP & NETWORKING MIXER

Tired of Running Ragged & Not Having Enough Time?
Get Off the Hamster Wheel and Get More Out of Life!

Discover the Simple Steps to Having More Time, More Balance, and More Success at this Free Workshop!

Saturday, October 16
 Networking: 12:30-1pm
 "How To Accomplish More In Less Time"
 Workshop: 1pm - 2pm
 Barnes & Noble Bookstore
 567 North Stephanie, Henderson, NV 89014
 702-434-1533

Special Guest Authors:
 Gina Robison-Billups, Founder & CEO of the National Association For Moms In Business. www.GinaRobison-Billups.com
 Brenda Prinzavalli, Fox5 KVVU-TV MORE Show Organization and Effectiveness Expert. www.balorg.com

 This event is hosted by the National Association For Moms In Business www.NAFMIB.com

Breaking News Notes

COMPOUNDS IN NON-STICK COOKWARE MAY BE ASSOCIATED WITH ELEVATED CHOLESTEROL IN CHILDREN AND TEENS.
 Children and teens with higher blood levels of chemicals used in the production of non-stick cookware and waterproof fabrics appear more likely to have elevated total and LDL cholesterol levels, according to a report in the September issue of Archives of Pediatrics & Adolescent Medicine, one of the JAMA / Archives journals.

Humans are exposed to the man-made compounds known as perfluoroalkyl acids -- including perfluorooctanoic acid (PFOA) and perfluorooctanesulfonate (PFOS) -- through drinking water, dust, food packaging, breast milk, cord blood, microwave popcorn, air and occupational exposure, according to background information in the article. Recent national survey results reported detection of PFOA and PFOS in almost all samples of human serum. Perfluoroalkyl acids are used during the manufacture of fluoropolymers, which give non-stick heat resistance to cookware and breathable, waterproof properties to fabrics and upholstery. *ScienceDaily: Entire story - www.sciencedaily.com/releases/2010/09/100906203040.htm.*

GRAPEFRUIT COMPOUND COULD TREAT DIABETES, LOWER CHOLESTEROL AND PRODUCE ATKIN'S DIET BENEFITS WITHOUT DIETING
 Big Pharma has been doggedly searching for drugs that target a group of nuclear receptor proteins in the human body known by the long title of peroxisome proliferator-activated receptors (PPARs, for short). The reason? PPARs regulate the expression of genes that are involved in fat and carbohydrate metabolism, among other functions -- so the theory is that if drugs could control PPARs, the medications would treat diabetes, high cholesterol and even maybe obesity.

But it turns out there's already a substance that could do all this. And it's not a side effect-laden chemical. It's a compound in grapefruit - Bottom line: there's extremely sweet breaking news about a compound hidden in the... *NaturalNews: www.naturalnews.com/029684_naringenin_grapefruit.html*