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Work From Anywhere And Sell Anything: The Freedom-Based Business Framework Sybex Books, 2025-06-24
Freedom isn't just a dream. It's a design. *Work From Anywhere And Sell Anything* gives you the complete framework to build a location independent business that's simple to run, wildly profitable and deeply aligned with the life you want. This isn't about laptops on beaches or one size fits all digital nomad clichés. It's about creating a business that runs on systems, not your presence. A business that earns without burning you out. A business that lets you choose your hours, your offers, your life. Learn how to structure offers that scale, create evergreen sales systems and build infrastructure that travels with you physically and emotionally. Because true freedom isn't just being able to log in from anywhere. It's knowing your business doesn't fall apart when you step away. This book guides you through every layer of that design: offer creation, sales flow, digital delivery and identity alignment, so the life you want isn't postponed. It's built now. You don't need to be everywhere to serve. You don't need to trade time for money forever. And you don't need to wait to start living. Build it smart. Sell it with ease. And take it with you wherever life calls you next.

Sport Nutrition Asker Jeukendrup, Michael Gleeson, 2024-06-05
Sport Nutrition Fourth Edition uses a physiological basis to provide an in-depth look at the science supporting nutrition recommendations. Students will come away with an understanding of nutrition as it relates to sports and of the influence of nutrition on performance, training and recovery.

The Country Gentleman, 1930 **Just the Good Stuff** Rachel Mansfield, 2020-02-25
Welcome to food freedom. 100 recipes that prove you can make healthy choices without sacrificing the meals, snacks and sweets you love, with plenty of gluten-free, Paleo and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients such as grain-free flours, collagen peptides and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel's recipes focus on creative flavor forward takes on favorite comfort food dishes: think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam and Epic Quinoa Burrito Bowls. Though Rachel personally doesn't prescribe to a single diet or label, many recipes are Paleo friendly, dairy-free and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables, perfect to mix and match for meal prep, easy solo dinners, potluck friendly spreads, shareable snacks and, of course, sweets. Lots of 'em, because as Rachel says, "You can have your gluten-free cake and eat it too." Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives. *Just the Good Stuff* includes an entire chapter on food prep, both a money and time saver, lots of confidence building tips and inspirational advice. Praise for *Just the Good Stuff*: In *Just the Good Stuff*, Rachel creates recipes that are gluten-free, dairy-free and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you

covered for all aspects of eating Frank Lipman MD bestselling author of *The New Health Rules* and *How to Be Well* Rachel's recipes are modern approachable and simple enough that anyone can make them Just the Good Stuff is a new staple on my bookshelf Gina Homolka New York Times bestselling cookbook author and founder of Skinnytaste **Forecast** ,1925
The Healthy Edge Cookbook ,2009-11-20 **Scientific American** ,1906 **Woman's Home Companion** ,1927
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