



Sports Dietitian

High-Protein Breakfast Recipes

This collection of healthy recipes includes simple, delicious breakfast options with at least 15 grams of protein. Adjust serving size and pair with other protein-rich sides to meet your personal macronutrient goals.



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Terry C. Jones

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Women Practicing Resilience, Self-care and Wellbeing in Academia Ida Fatimawati Adi Badiozaman, Voon Mung Ling, Kiran deep Sandhu, 2023-03-15 Through a lens of self care and wellbeing this book shares stories of struggle and success from a diverse range of women in academia Each story highlights how these women mitigated and overcame various barriers as part of their academic trajectory and provides practical strategies for maintaining self care and wellbeing Taken from lived experience the autoethnographic narrative approach provides a deeper personal understanding of the obstacles faced by women throughout an academic career and guidance on how these might be navigated in a way that avoids self sacrificing This collection goes further to illustrate the ways that higher education institutions can be more accommodating of the needs of women

Adapting Evidence-Based Eating Disorder Treatments for Novel Populations and Settings

Christina C. Tortolani, Andrea B. Goldschmidt, Daniel Le Grange, 2020-11-16 This comprehensive text provides practical approaches to adapting empirically supported treatments for eating disorders for clinicians working with patients of diverse backgrounds and presentations or within non traditional treatment settings across levels of care The book describes empirically and clinically informed treatment adaptations that impact delivery of real world services for eating disorder patients and generate interest in testing adapted treatments in randomized controlled trials Featuring contributions from researchers and clinicians with expertise in developing delivering and testing interventions for eating disorders each chapter focuses on a specific population setting or training approach Practical applications are then illustrated through case examples and wisdom gleaned through the contributors own clinical studies and experiences Readers working with a diverse population of eating disorder patients will gain the necessary skills to support their patients on the journey to recovery and self acceptance

Working Mother, 2001-10 The magazine that helps career moms balance their personal and professional lives

Working Mother, 2001-10 The magazine that helps career moms balance their personal and professional lives
Working Mother, 2002-10 The magazine that helps career moms balance their personal and professional lives
Best Life, 2008-04 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life

Ebony, 2002-03 EBONY is the flagship magazine of Johnson Publishing

Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Creative Editing Dorothy A. Bowles, Diane L. Borden, 2004 CREATIVE EDITING has been consistently praised by reviewers for its comprehensive coverage excellent organization and currency of issues relevant to editing copy The Fourth Edition continues to live up to this reputation through consistent reinforcement and practical application of editing concepts The book covers all aspects of editing for print and online media and provides ample practice exercises for students to demonstrate that they know how to apply principles from the text This book does not assume that students understand

grammar fundamentals It starts with basic language skills and leads students through every phase of a professional copy editor s job The book s textbook workbook approach allows students to practice their skills as they learn This edition covers editing as it relates to public relations digital editing for Web sources and magazine editing In addition it includes separate chapters on communications law and ethics along with exercises designed to help students understand practical applications of legal and ethical principles F&S Index United States Annual ,1996 **The New York Times Index ,2004**

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