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The Thigh Gap Hack Penguin

Featuring thirteen short-term rules for weight loss, the coach of NBC's "The Biggest Loser" provides a four-part plan that includes a precise breakdown of the proper protein/carbohydrate proportions for every meal and simple exercise routines.

Get Fitter, Faster, and Stronger Using HIIT and Your Bodyweight Simon and Schuster

Ballet-inspired fitness

for every woman! You don't have to be a professional ballerina to look like one! With Mary Helen Bowers' *Ballet Beautiful*, forget beating yourself up in the gym and suffering through starvation diets for some unattainable goal. You can achieve your ideal body and develop the strength, grace, and elegance of a dancer by following Mary Helen's proven program--one that's got everyone from celebrities to busy moms to executives raving! *Ballet Beautiful* is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible eating plan that works for every body - and absolutely no dance experience is required. Created by professional ballerina

Mary Helen Bowers, this transformative approach to fitness and health will reshape your body and your mind! Ballet Beautiful's three-fold approach is not an extreme workout nor is it a radical diet for an overnight fix; it's a roadmap to achieving and maintaining your ideal health, shape and size--all with the elegance and strength of a ballerina. Part One of the book introduces the program's empowering mindset, the key to supporting and guiding you through lasting change. Part Two, the Ballet Beautiful Method, consists of challenging, effective, and fun workouts that sculpt and tone sleek ballet muscles and build beautiful posture. Whether you have a

full hour or only 15 minutes, you can tailor the program to your own schedule and needs. Part Three shares the Ballet Beautiful Lifestyle, a healthy, balanced approach to nutrition. With meal plans, shopping tips and quick but delicious daily recipes that will satisfy and nourish your entire body, it's a stress-free, diet-free plan that will help keep you feeling as strong and healthy as you look.

Everything You Need to Know to Have a Slim and Sexy Leg Grand Central Life & Style

#1 NEW YORK TIMES BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. “A

practical crash course in how to reinvent yourself.”—Kevin Kelly, *Wired* Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one

life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It’s the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it’s all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How

to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit

And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

Thin Thighs in 30 Days Three Rivers Press

*AS SEEN ON THE DR.

OZ SHOW* 80% of women voted 'thighs' as their most disliked body part. Sad, but not surprising, since most women suffer from stubborn lower body fat in their hips/thighs/buttocks that results in undesirable body proportions and makes slimming down these areas miserably difficult. "The Thigh Gap Hack" is the first and only book that focuses specifically on all of the shortcuts (known as hacks) that makes eradicating stubborn lower body fat easier and foolproof. Broken down into diet hacks, exercise hacks, outside hacks and motivational hacks, this book consists of 260 pages of real, actionable advice that will introduce brand new

techniques, as well as reveal top secrets, to targeting fat loss. Techniques include Hunger Training (TM), how to increase you're metabolism so you burn more calories/fat throughout the day, miracle foods that will fill you up but and keep you within your calorie goals, exercises to avoid that add bulk to your legs and those to perform that give the appearance of a lengthened limb, and much more! You will get results in just a matter of weeks and never have to fumble around in the dark or test out conflicting advice as to what works. This book is simple, straightforward and full of content (no fluff). And, anyone can make the techniques work, no special equipment, expensive

foods or crazy supplements required. Even if you don't want to get a thigh gap, but still want to learn once and for all how to slim and trim down your lower body this book is for you!

The Shortcut to Slimmer, Feminine Thighs Every Woman Secretly Desires Grand Central Publishing

An eight-week walking-based exercise program features targeted exercises and specialized routines designed to maximize weight loss and enable other health benefits, in a guide that includes a meal plan and tips for avoiding injury. Original. 40,000 first printing.

30 Days to Firmer, Toned & Sexy Arms (Fitness Model Physique Series) Da

Capo Press

A customizable-and realistic-fitness program specifically created for midlifers who want to lose weight, revitalize energy, and build habits for increased longevity. Today's exercising adults are caught in a bind: Those who take it seriously and work out aggressively end up with chronic aches and pains in midlife because they don't know how to adjust their programs as they get older. And those who take it easy end up with overfed, underdeveloped bodies that don't respond well when they decide to get serious about exercise. Lou Schuler and Alwyn Cosgrove, fitness experts and authors of The New Rules of Lifting series

know all too well that these readers need a program of their own. That's because they are these readers. Schuler started working out in his early teens. After forty years, he realized he couldn't do the programs in his own books without lots of modifications. And Cosgrove, a former European champion in tae kwon do, is a two-time survivor of stage IV cancer who found himself with limited endurance and a body that stubbornly refused to add muscle or shed fat. So the authors set out to create a new template for exercise, one that delivers serious results but is also flexible enough to accommodate individual limitations. The New Rules of Lifting for Life offers a

six-month plan that balances total-body strength, endurance, mobility, balance, coordination, and athleticism. The workouts are challenging and, in conjunction with the suggested diet modifications, will help readers change the way their bodies look, feel, and perform. And not just temporarily—The New Rules of Lifting for Life allows you to enjoy productive and pain-free workouts for many years to come.

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The Go-To Guide to Level Up Your Life
Strengthen, Energize, Elevate, and Conquer
Da Capo Press

Learn How You Can Completely

TRANSFORM Your Belly, Arms, Butt & Thighs By Exercising ONLY 15 Minutes A Day! What if you could wake up every morning and see your dream body every time you look at yourself in the mirror? Imagine how great you will feel about yourself when out in public; the new clothes, feeling confident, and having more energy! Multi-time best selling health & fitness author and influencer, Linda Westwood, shares with you her signature fitness system that will help you target and transform your body.

It's created to get you the MOST results in the LEAST amount of time and with the LEAST amount of effort. With over a million readers and subscribers to her blog, YouTube channel, and other books, Linda has continued to provide immense value to her clients and fans, delivering health & fitness advice that - put simply - just works! Do you feel like you need to give your weight loss journey a real KICK START? Are you ready to begin transforming your body forever, and change the way you look and feel? Or if you're just sick and tired of working out and dieting but never getting any real results... THEN THIS BOOK IS FOR YOU! In this book, you will get:
Images included with

all of the workouts, so you know exactly how to do each one correctly, to get real benefits from them without hurting yourself. An entire breakdown of instructions and advice about how you can maximize your results, what you need to eat, and how to properly exercise.

Comprehensive step-by-step instructions for everything, including all the steps in the workouts, so that anyone can follow along and apply what they learn in their life immediately (even a complete beginner). Linda's personal email address for unlimited customer support if you have any questions. And much, much more... Well, what are you waiting for? Grab your copy

today by clicking the BUY NOW button at the top of this page!

[Burn 3 Times More Fat with This Proven Program](#) Grand Central Pub

Get the Butt of Your Dreams Do you wish your butt was smaller? Larger? Tighter? Or higher up? If you are like most women, you do crave your butt to earn one of these titles. You want your butt to look fabulous in that tight pair of jeans, and you definitely want to feel great in a bikini. However, if you are like most women, you have discovered that having that great butt is not that easy. You have probably spent countless hours in the gym and walking uphill, but that rear just will not cooperate. What Makes This Book Different? This book

focuses on where you were going wrong. If you want a great butt, you have to give the muscles located in that region their own workout regimen. Within The 15 Best Butt Exercises, that workout is available for every woman no matter her age, shape, or weight. To produce results, a butt exercise regimen must focus on all areas of the butt. This means putting focus on each of the four muscles located in the butt area. Gluteus Maximus: This is the largest muscle in the buttocks, and one of the strongest in the body. Gluteus Medius: Broad, thick muscles that radiate on the outer service of the pelvis. Gluteus Minimus: The smallest of the gluteal muscles, and it is located below

the gluteus maximus. Tensor Fasciae Latae: Muscle located in the thigh. Why Are the Buttocks So Special? Each of the gluteal muscles requires different exercises to get them in top-notch shape. While most exercises will affect the gluteus maximus in some matter, they cannot all help the other three muscles. This is why it is important to have a thorough workout that incorporates exercises that affect all muscles located in the butt. In order to cover all sides of the gluteus maximus and take care of the other three muscles, a good rotation must be included to strengthen the outer and inside muscles. They will also help to lift and firm. Here are the types of muscles included

within this book:
Squats: One of the best exercises for developing the gluteal muscles.
Jumps: Jumping exercises help to strengthen and firm the upper thigh and lower gluts.
Lunges: Helps to focus on gluteal muscles as well as the lower portion of the body.
Kicks: Intense variations of exercises that will help to tone and shape your butt.
Extensions: Help to build up pelvis muscles, thighs, and hips.
Bridges: Works out your body from your upper thighs, through you buttocks, and finally strengthens your core.
Make Your Own Exercise! The best thing about this quick exercise guide is that it gives you the ability to learn important exercises that you can rotate in and out of

your daily workout. These can all be done in your home, and there is no need to hire an expensive trainer to teach them to you. Tailor your exercise to your own butt and to the booty you wish to have! **BONUS BOOK!** If you buy *The Best Butt Exercises For Women!* today, you also get a **FREE BONUS** copy of the best-selling book: *Fat Burning Foods* This #1 selling ebook will help you to achieve your fitness goals through a little known method for achieving your overall health and weight loss goals. Get your copy today as this is only Available throughout this limited-time "Publisher Special Promotion"!

Tracy Anderson's 30-Day Method
Zondervan

If you want to be

muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals

correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes 8-12 weeks. This book reveals secrets like... The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. You'll be shocked at how easy it really is to get big once you know what you're doing... How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the

"cheat" foods that you love every week like pasta, pizza, and ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page

bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

How to Lose Thigh Fat Rodale

Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just

minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, *The 12-Minute Athlete* will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy

food as fuel with simple eating guidelines to the 80/20 rule. In *The 12-Minute Athlete* you'll also find:

- A guide to basic calisthenics and bodyweight exercises for any fitness level
- Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands
- More than a dozen simple and healthy recipes that will fuel your workouts
- Two 8-week workout plans for getting fitter, faster, and stronger
- Bonus Tabata workouts
- And so much more!

The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger

and start living their healthiest life.

Thin Thighs in Thirty Days BenBella Books

Imagine watching pounds of fat melt away without ever feeling like you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals—even the ones you've all but given up on—are finally within your reach. Muscle for Life will show you how. From the bestselling fitness author of *Bigger Leaner Stronger* and *The Shredded Chef*, Muscle for Life reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Based on time-proven

principles produced by decades of hands-on experience and thousands of hours of scientific research, Muscle for Life will give you a plan for transforming your body faster than you ever thought possible, including: -Conquering the “mental game” of fitness. Learn to hack your habits, willpower, and mindset so your fitness regimen feels like it's on autopilot. - Harnessing the science of “flexible dieting.” A whole new paradigm for eating that empowers you to forever break free of fad dieting, crash dieting, and yo-yo dieting. -Unlocking the power of strength training. The “secret” to optimizing your body composition, which is far more important for your

health and image than your body weight. Whether you're a beginner looking for a lifestyle change, a lifelong athlete looking to reach the next level, or somewhere in between, *Muscle for Life* will show you how to look, feel, and perform your best. And frankly, it may be the last fitness book you'll ever need to read.

15-Minute Exercises & Workouts to Help Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! Pinnacle Books

It's easy, fun, scientific...and gives you amazing results in only 30 days! After the resounding success of Dr. Burke's first book, *Thin Thighs for Life*, the public clamored for more. She's responded with new exercises and recipes for eliminating

dreaded cellulite, those ugly, dimpled pockets of fat that accumulate on the hips and thighs of over 90% of women. Here's how to look slimmer, feel healthier, and boost your energy-with minimum effort: * The anti-cellulite diet plan: Some foods actually reduce cellulite! Try tasty substitutes for fattening ingredients and more than 80 easy-to-prepare, delicious recipes. * The super-effective workout: Slot these enjoyable exercises right into the most hectic schedules. Included are anytime, anywhere "invisible" routines that integrate into your daily activities. * Skin-care strategies: Skin brush, exfoliate, and massage. You'll appear smoother and sleeker

and decrease the cellulite beneath the surface. More than 100 color photographs guide you through it all. You'll watch the fat simply melt away!

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Jumpstart to Skinny
Bantam Books

Bringing motivation to the nation! Want to cook better, healthier food? Know what you should do, but don't know where to start? This 30-day plan from the nation's favourite PE teacher will help you create new habits, keep on track and feel brilliant inside and out. Food and fitness sensation Joe Wicks, aka the Body Coach, has helped millions of people to keep fit and cook healthy, simple recipes. He's back with his 30 Day Kick Start Plan to make it easier than ever before to make healthy food, lose weight and get more active. Inside are

one hundred delicious, sustaining recipes and six brand-new HIIT workouts to help you get in shape. Combined with weekly plans that can help you prep like a boss, this approach is easy to personalize according to your own day-to-day habits and will help everyone kick start a healthier lifestyle without looking back. The man who kept the nation moving during lockdown, Joe has sold more than 3 million books in the UK alone. He has more than 4 million followers on social media, where fans share their journeys towards a leaner, fitter lifestyle. All of his books have been non-fiction number one bestsellers.

The Simple Science of Building the Ultimate

Male Body Booktango

Join the million-plus people who have found the answer to losing their belly fat while eating satisfying and delicious foods. With the Flat Belly Diet! you can: - Lose inches in just 4 days - Drop up to 15 pounds in 32 days - Boost your energy as the weight falls off! Prevention, America's most trusted healthy-living magazine, presents the New York Times-bestseller Flat Belly Diet in paperback--now with a new foreword by Dr. David L. Katz describing new research about the many health and weight loss benefits of this amazing eating plan. Enjoy delicious dishes such as Seared Wild Salmon with Mango Salsa, Slow Cooker Chili, and

Pumpkin-Maple Cheesecake--and you will lose belly inches and greatly enhance your likelihood of living a longer and healthier life.

The Groundbreaking 2-Week Plan for a Lean, Beautiful Body
Thin Thighs in 30 Days

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning

to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then

they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

15-Minute Body Fix
Hamlyn (UK)

Presents a simple exercise regimen for new mothers, with tips on how to make time for exercise, targeted workouts for specific body parts, and exercises to combat postpartum depression.

Life Lessons and a Breakthrough 30-Day Nutrition and Fitness Solution!
Nordic Standard Publishing

Did you know muscles get bored, just like people do? And did you also know that there's

a 9 out of 10 chance that you're working the wrong muscles when you exercise? With TRACY ANDERSON'S 30-DAY METHOD you don't have to worry--her unique workout will help you drop the weight and shrink your body in just 30 days. Based on ten years of scientific research and experience getting not just herself, but A-list stars and everyday people, red carpet ready, Anderson has developed a unique 30-day diet and workout routine that reshapes the body and defies genetics to tone the muscles and drop the pounds. While most people incorrectly target their major muscle groups, like the bicep or hamstring, the focus should be on the smaller accessory muscles that can

create a long, lean, balanced look--instead of bulked up look. Anderson's program is composed of a groundbreaking three-tiered approach, including a mat workout and cardio routine targeting the all-important accessory muscles, and an exclusive 30-day meal plan, complete with dozens of delicious recipes. This comprehensive kick-start program is unlike any other workout on the market and it leaves no chance for anything but terrific, fast results!

Unprocess Your Diet with Super Easy Recipes—Lose Up to 5-7 Pounds the First Week! Nordic Standard Publishing

The celebrated ballerina and role model shares the

secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

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REVIEW OF THIN THIGHS IN 30 DAYS PAPERBACK

- "What do you do when the world thinks you're a monster, and you know it's the world that's monstrous?" This question is posed by Roscoe "Fatty" Arbuckle in Jerry Stahl's heart-eating, fictionalized portrait of the turn of the century's original star of Hollywood meltdown. Meltdown (or becoming the "monster") has been mastered by contemporary fallen stars Michael Jackson, Robert Blake, and Courtney Love. The difference between this dreaded threesome and the dearly

departed Fatty is that the sweat drenched goods in this Arbuckle was incinerated by impossible to put down courtroom media imagination of the scandal at the zenith of the mind controlling the his sparkling plump though flaccid vaudeville-to-screen funny man who made career, not as a post-Hollywood's first fame footnote. This million dollars as a fact is what gives I, contract actor and lost FATTY, a Kafkaesque everything after being masterpiece, its accused of a brutal flavorful rum punch in "Coke bottle rape" that the face. In proving killed young actress that fat is far stranger Virginia Rappe.From than fiction, Stahl's the days of Fatty's Fatty is clearly guilty of unusual arrest and a crime he did not three-trial prosecution, commit.As a writer for America has not the pre-millennium hit reconciled its fear of TV show "Alf," Stahl fat. Thanks to this has publicly lived the blood curdling chaotic celluloid life of imbroglgio of 1921, success, breakdown even the success of and redemption. He charming, Bowflex- was even nabbed by bucking Teletubbies the Keystones on John Goodman, Kirstie Fatty's old front lawn. Alley and James In Fatty's smelly old Gandolfini are highly clown shoes, Stahl suspect. But I, FATTY is romances, chills, thrills, more than a mouthful of revolts, and delivers of lunchmeat versus

morality. Like O.J. Simpson, Fatty lived to see his own character assassination at the hands of the district attorney, the lawyers, families and "friends," on both sides of the case, and the Hearst-controlled tabloid media --- a "crusifixion" --- can I get a witness for this fact ladies and germs? --- at the hands of a court, press and public that assumed Fatty was guilty before hearing any of the facts and, of course, before hearing one word from Fatty himself. But Fatty didn't do it. Sure, he was psychologically abused by his father and downed enough Prohibition-era bathtub gin and morphine to stagger Jumbo the elephant, but he didn't kill the "virgin" Vi Rappe --- her abortion doctor did. For starring in too many lead roles as the pie-faced man, eating a few too many cream buns and washing them down with fire water, Fatty got set up by a producer with a grudge, a whore with an attitude, a bad lawyer, a DA with gubernatorial dreams, and a whole bunch of other phonies who used Fatty's big butt to cover their own. Post-World War I America, and Hollywood, needed a fall guy to show the commies and the liberals that women belonged at home, barefoot and pregnant --- not in the factories or in the voting booths --- and that Tinsel Town was not the arbiter of porn. Short skirts, bobbed hair and feminism be damned!

As a modern-day Job, Fatty was, as Stahl relates, the first Hollywood fall guy, but no one at the studios told Fatty until it was too late. See, they made a killing themselves at the box office when Fatty was the hero and made themselves look Holier than Thou in the conservative social circles when Fatty was the devil. So, Fatty found, either the box of donuts (whiskey, fatty foods, sex, sinful thoughts, racy movies, bad actor behavior) went, or he went. And Hollywood still writes these types of scripts, for movies and for reality; quick, name the high and low points in the career of Paris Hilton. Best supporting roles and comic relief are offered --- as well as a hipster education

in 1920s Broadway and Hollywood culture --- by Buster Keaton, Mabel Normand, Mary Pickford, Charlie Chaplin, William Randolph Hearst, Bob Hope, Milton Berle, Fatty's three wives, and others in this fiction that will make you, Miss or Mr. American film star wannabe, think twice about going on a reality show. The reality is ... drum roll please ... there is no such thing as reality, only perception, which, as Fatty and so many others learned, is a fatal dose of remembrance and imagination. Oscar Wilde, step aside --- Jerry Stahl is back in town! --- Reviewed by Brandon M. Stickney

- Even more than its two excellent predecessors ("The

Invitation" and "The Dance") the third book of Oriah's trilogy is a handbook on how to live. While influences of both the Sufis and Lao-Tze (Taoist) are present, the voice is clearly unique and powerfully original. Grounding her teachings in stories from her life, Oriah marshalls a persuasive argument that the core issue in our lives and our relation to Spirit is not that we need to do more, but that we need to accept who we are. The meditations offer clear and practical steps towards accomplishing that. This is a practical book, that can be enjoyed whatever the reader's religious views are. Highly recommended!