

## Tear Soup A Recipe For Healing After Loss

Taller, Slimmer, Younger  
Lidia's Favorite Recipes  
Two Peas & Their Pod  
Cookbook  
Experiencing Grief  
It Will be Okay  
The Secret of the Dragonfly  
It's OK That You're Not  
OK  
The Memory Book  
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Creative Interventions for  
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Help Me Say  
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Till We Meet Again

### Taller, Slimmer, Younger

Join seven-year-old Grace on her journey through coping with the loss of her father while learning about the different ways that people grieve the loss of a loved one. In the process of learning about who her father was through the eyes of others, she learns about who she is today because of her father's personality and love. *Am I Like My Daddy?* is a book designed to help children who are coping with the loss of a loved one. Children are encouraged to express through journaling what may be so difficult to express through everyday conversation. *Am I Like My Daddy?* teaches about loss through reflection. *Am I Like My Daddy?* is an important book in the children's grief genre. Many books in this genre deal with the time immediately after a loved one dies. This book focuses on years after the death, when a maturing child is reprocessing his or her grief. New questions arise in the child's need to fill in those memory gaps.

### Lidia's Favorite Recipes

Three soldiers came marching down the road towards a French village. The peasants, seeing them coming, suddenly became very busy, for soldiers are often hungry. So all the food was hidden under mattresses or in barns. There followed a battle of wits, with the soldiers equal to the occasion. Stone soup? Why, of course, they could make a wonderful soup of stones but, of course, one must add a carrot or twosome meat so it went. Marcia Brown has made of this old tale a carnival of activity, dancing, and laughter. Children who have once heard the story will turn to this book again and again, retelling the story for themselves. Now in an eBook edition!

### Two Peas & Their Pod Cookbook

A collection of artfully decorated postcards with secrets anonymously written on them by people from all over the world and sent to the founder of PostSecret, a community art project that evolved into a website.

### Experiencing Grief

Explains death as the inevitable end of life and provides three situations in which children experience powerful emotions when someone close has died.

### It Will be Okay

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For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

### **The Secret of the Dragonfly**

A uniquely creative compilation of activities to help bereaved children express feelings of grief, diffuse traumatic reminders, address self-blame, commemorate the deceased, and learn coping strategies. Includes special activities for children dealing with the suicide or murder of a loved one. It covers a theoretical overview for practitioners, tips for caregivers and schools, and a ten-week curriculum for use in therapy or support groups. A must-have for grief counsellors, group facilitators, and school personnel.

### **It's OK That You're Not OK**

Leslie offers women recipes which she says are practical, easy, and economical.

### **The Memory Book**

"An art therapy and activity book for children coping with the death of someone they love. Sensitive exercises address the questions and fears that kids may have during such an emotional and troubling event. Each activity helps children express themselves through different stages of grief." -- Fairview Press.

### **My Secret**

A story of hope and promise. Using the dragonfly's secret, a grandmother helps her grandson understand how they will always be together.

### **Healing After Loss**

Challenging conventional wisdom on grief, a pioneering therapist offers a new resource for those experiencing loss. When a painful loss or life-shattering event upends your world, here is the first thing to know: there is nothing wrong with grief. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss." So, why does our culture treat grief like a disease to be cured as quickly as possible? In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you'll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to "fix" your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process

Many people who have suffered a loss feel

judged, dismissed, and misunderstood by a culture that wants to “solve” grief. Megan writes, “Grief no more needs a solution than love needs a solution.” Through stories, research, life tips, and creative and mindfulness-based practices, she offers a unique guide through an experience we all must face—in our personal lives, in the lives of those we love, and in the wider world. It’s OK That You’re Not OK is a book for grieving people, those who love them, and all those seeking to love themselves—and each other—better.

### **The Hormone Fix**

In the end, it will be okay because God is always with us. Whether we like it or not, growing up brings change. For many children, this conjures up fears that are sometimes real and sometimes imagined. How can kids learn that even when they face new and unfamiliar situations, they don't have to be afraid? Little Seed and Little Fox are facing changes and brand new circumstances--and they don't like it one bit! Through this unlikely friendship, children will discover that no matter how new or fearful their circumstances, God is always with them. The whimsical art by Natalia Moore will put a smile on kids' faces and put their minds at ease. Just as Little Seed and Little Fox learn to trust that the Farmer is good and kind, children will also learn to trust God. This is a helpful resource for children who: are struggling with anxiety or fear have recently suffered the loss of a loved one are facing bullying or are having a hard time following a move Written by New York Times bestselling author Lysa TerKeurst, It Will Be Okay will help kids discover that, in the end, it really will be okay because we have a God who is good and kind and always with us.

### **Creative Interventions for Bereaved Children**

Explores the feelings of frustration, sadness, and loneliness that a youngster may feel when a pet dies.

### **Tear Soup**

Your Guide Through the Valley of Loss Losing a family member is one of life's most difficult experiences, and the weeks and months that follow such a loss can be overwhelming. Experiencing the Loss of a Family Member is a trustworthy companion for your journey through grief. With gentle honesty and wisdom, bestselling author and respected family therapist H. Norman Wright discusses topics, such as: · The World of Grief · The Loss of a Spouse · The Death of a Child · Parent Loss · The Death of a Sibling · The Death of a Friend · The Death of a Pet · And More You are not alone as you travel through the valley--God's Spirit, the Comforter, walks with you every step of the way. He will guide you toward true peace and renewed hope.

### **Stone Soup**

When his mother dies, a little boy is angry at his loss but does everything he can to hold onto the memory of her scent, her voice, and the special things she did for him, even as he tries to help his father and grandmother cope.

### **Miss Leslie's New Cookery Book**

### **Help Me Say Goodbye**

Since they first began making delicious, homemade-quality soups using only fresh, natural ingredients, the New Covent Garden Food Company has continued to create ever more innovative and tasty recipes. Now, a few years on and with hundreds of recipes at their fingertips, they have decided to share their all-time favourites with you in this definitive collection. Soup is generally easy to make and a great way to use up leftovers, but it can also be exotic and sophisticated, and *A Soup for Every Day* is packed with ideas for whatever the occasion demands. With a recipe for each day of the year, carefully chosen according to what's in season, you'll find tons of inspiration to create a healthy, nutritious meal for all the family, an impressive dish for a dinner party or comfort food for a cold winter's afternoon. With all sorts of delicious concoctions – from Butternut Squash and Goat's Cheese to Pea and Ham, and from Moroccan Lamb and Chickpea to Carrot and Coriander – this wonderful book contains all the recipes any soup lover will ever need.

### **When a Pet Dies**

I will always remember you . . . Joanna Rowland's best-selling *The Memory Box: A Book about Grief* has helped thousands of children and families work through the complex emotions that arise after the loss of a loved one. Now, with *The Memory Book*, Rowland has created a beautiful grief journal to help readers put her methods into practice. *The Memory Book* helps grieving families process their emotions together by remembering their lost loved one and creating their own memory album full of photos and keepsakes of the person they lost. With gentle prompts and ideas for journaling, drawing, and talking through grief, this journal will bring comfort in the midst of loss and be a keepsake for families for years to come.

### **Good and Cheap**

Thick and thin, hot and cold, complex and simple — here are soups for every appetite and occasion. A master chef and co-founder of *Gourmet* magazine presents more than 700 outstanding recipes for bisques, chowders, consommés, and other soups

### **Am I Like My Daddy?**

The Tear Soup Cooking Tips are now available in a small easy to read booklet. These Tips booklets are perfect for educators and support groups to provide for families in need.

### **Soup for Every Day**

Grief touches all of our lives, but it does not have to paralyze us with fear or inaction. God allows suffering because He knows how powerful it can be to our spiritual lives and to helping us fully embrace His love and mercy. In this insightful and practical book, you'll learn how to live a life of redemptive suffering that will draw you through grief into a state of tenacity, meaning, holiness, and joy. Author Jeannie Ewing is no stranger to suffering. Her family has long struggled with bipolar disorder and depression, and her baby daughter was born with a rare genetic disorder that caused her bones to prematurely fuse together. Despite the many layers of sadness, loss, confusion, and anger, Jeannie responded to God's calling and transformed her life into one with profound purpose and joy. Combining her training in psychology and counseling with real-life examples, Jeannie will show you that there is much

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life to be lived in the midst of loss, and that all things – even the most painful life experiences – are working together for a greater good. You'll also learn: The all-too-often misunderstood difference between grief and depression. The spiritual benefits to uniting your crosses with Jesus's Passion and Death. The counterintuitive notion that grief and joy can coexist. The spiritual danger of internalizing our pain and hiding it from others. How great saints like St. John of the Cross and St. Therese of Lisieux struggled to make sense out of suffering. The six spiritual principles that will assist you on the journey of navigating grief. How to know when you should seek professional help. Ways in which God is calling you to bring hope and joy to those dwelling in darkness. How to confidently confront the nothingness and emptiness you feel in your interior life. And Meditations on the Stations of the Cross, the Sorrowful Mysteries, and the Seven Sorrows of Mary that will help you reflect on how redemptive suffering can help you embrace God's love and mercy.

### **The Well Plated Cookbook**

Provides guidance and comfort for those recovering from the death of someone they know, offering suggestions for how to survive the grief and remember the good times.

### **Angel Birthdays**

Grieving over the death of a special person, a young child creates a memory box to keep mementos and written memories of the loved one. Includes a guide for parents with information from a Christian perspective on helping manage the complex and difficult emotions children feel when they lose someone they love, as well as suggestions on how to create their own memory box.

### **Never the Same**

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

### **The Scar**

For fifty years Good Grief has helped millions of readers, including NFL players and a former first lady, find comfort and rediscover hope after loss. Now this classic text is available in a new edition with a foreword by one of the nation's leading communicators of medical health care

information. An afterword by the author's daughters tells how the book came to be. Good Grief identifies ten stages of grief: shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance but, recognizing that grief is complex and deeply personal, defines no "right" way to grieve. Good Grief offers valuable insights on the emotional and physical responses persons may experience during the natural process of grieving. The anniversary gift edition includes space for readers to record thoughts about their personal experience with grief. Whether mourning the death of a loved one, the end of a marriage, the loss of a job, or other difficult life changes, Good Grief is a proven steady companion in times of loss.

### **Damn Delicious**

While the death of a parent is always painful, losing both is life-altering. When author Allison Gilbert lost both parents at age 32, she could not find any books that spoke to her with the same level of compassion and reassurance that she found in the support group she belonged to, so she decided to write one of her own. The result is a sensitive and candid portrayal of loss that brings together experiences from famous and ordinary grief-stricken sons and daughters that explores the regrets, heartache and sometimes, relief, that accompanies pain and healing. Always Too Soon provides a range of intimate conversations with those — famous and not — who have lost both parents, providing readers with a source of comfort and inspiration as they learn to negotiate their new place in the world. Contributors include Hope Edelman, Geraldine Ferraro, Dennis Franz, Barbara Ehrenreich, Yogi Berra, Rosanne Cash, and Ice-T, as well as those who lost parents to the Oklahoma City bombing, the World Trade Center bombings, drunk driving, and more.

### **The Soup Book**

One of the most beloved chefs and authors in America presents her most accessible and affordable cookbook to date, a gathering of more than 100 Italian recipes that have become Lidia's go-to meals for her very own family—the best, the most comforting, and the most delicious dishes in her repertoire. In Lidia's Favorite Recipes, you'll find a fresh take on more than 100 of Lidia's signature and irresistibly reliable dishes, including: · Fried Mozzarella Skewers—Spiedini alla Romana · Escarole and White Bean Soup—Zuppa di Scarola e Cannellini · Ziti with Broccoli Rabe and Sausage—Ziti con Broccoli Rabe e Salsicce · Baked Stuffed Shells—Conchiglie Ripiene al Forno · Eggplant Parmigiana—Melanzane alla Parmigiana · Savory Seafood Stew—Zuppa di Pesce · Chicken Cacciatore—Pollo alla Cacciatore · Veal Ossobuco with Barley Risotto—Ossobuco di Vitello con Risotto d'Orzo · Cannoli Napoleon—Cannolo a Strati · Limoncello Tiramisù—Tiramisù al Limoncello From the classic sauces to the delicious desserts, these recipes have been revised and updated to be more concise and clear, but just as soul-satisfying as ever. With new information about the affordability, seasonality, and nutritional value of the ingredients, this book shows there is no question why these dishes are the easiest and most enjoyable to bring to the family table for your most memorable moments. Beautifully illustrated throughout with full-color photographs, Lidia's Favorite Recipes will give both new cooks and longtime fans something extraordinary to celebrate.

### **Good Grief**

### **Am I Still a Sister?**

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

### **Bug Soup**

Comfort classics with a lighter spin, from the creator of the healthy-eating blog Well Plated by Erin. Known for her incredibly approachable, slimmed-down, and outrageously delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, Well Plated by Erin. Clarke's site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success, and she hacks her recipes for maximum nutrition by using the "stealthy healthy" ingredient swaps she's mastered so that you don't lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top-of-mind. She's eliminated odd leftover "orphan" ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she's even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they LOVED this!" This is your homey guide to a healthier kitchen.

### **Tear Soup Cooking Tips**

When their grandma passes away, Gracie and Jake decide to hold an "angel birthday" for her where they buy balloons, bake her favorite cake, and create their own memorable gifts to honor her memory.

### **From Grief to Grace**

Examines the process of grief through a fictional story of Grandy and Pops as they face a great loss by making tear soup.

### **Jesus Wept**

Well-qualified authors Joyce and Dennis Ashton share insights and techniques on dealing with grief and loss from an LDS perspective. This insightful book is carefully designed to help people through not only the loss of a loved one, but also through the many other trials we face in our lives. *Jesus Wept* is the only book on the market that deals with every category of grieving.

### **Always Too Soon**

Children and teens who experience the death of a parent are never the same. Only in the last decade have counselors acknowledged that children grieve too, and that unresolved issues can negatively impact children into adulthood. Unaddressed grief can lead to depression, substance abuse, and relationship difficulties. For at least three generations of adults, these issues have been largely ignored. Having worked with thousands of families as Executive Director of the Dougy Center for Grieving Children, Donna Schuurman understands the dangers of unresolved grief better than anyone else. In *Never the Same*, Schuurman offers expert advice and encouragement to empower readers to reflect on their unique situation, come to terms with the influence of their parent's death, and live more healthful, peaceful lives. The only book of its kind, *Never the Same* is an essential companion for those still struggling with the early loss of a parent.

### **Lidia's Italy**

*Till We Meet Again* is a children's book about death and grieving. It helps children learn that it is good to share their stories and memories with their loved ones and it teaches them to honor the person they are grieving through their own actions. This book provides comfort and gives hope that someday we will all meet again.

### **The Memory Box**

After losing a loved one, grief can leave your life in a mess. *Grief is a Mess* is an illustrated book for grieving adults who need a healthy dose of understanding, comfort, and laughter. Through humorous animal illustrations, the book explores how grief is different for everyone and can change without warning. Having lost her mother to cancer, author/illustrator Jackie Schuld uses her illustrations to remind us there can be positive experiences and laughter as we find our way through the mess of grief.

### **When Someone Dies**

"As women approach the age at which they stop having their monthly period, many start to experience the physical and emotional indignities of hormonal fluctuation and an ensuing "metabolic stall." The result: hot flashes, night sweats, insomnia, weight gain, memory loss or brain fog, irritability, and discomfort during sex. Many women are resigned to accept these changes now and for years to come; some even agree to be unnecessarily medicated for their symptoms. But Dr. Anna Cabeca's research and experience with thousands of her patients shows that there is a unique diet combination and non-pharmaceutical lifestyle interventions that can dramatically alleviate these symptoms--forever! Pairing the hallmarks of ketogenic eating (very low carb, high fat) with foods and lifestyle changes that bring the body's pH to an alkaline level (and lower cortisol production), *The Hormone Fix* offers women everywhere an easy-to-follow, easy-on-the-body program to help thrive through menopause and beyond. It

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includes recipes, meal plans, stress-reduction advice, testimonials from real women, and a 10-day quick start guide to help women trim down, get off of meds, get fit, tap into unexpected energy levels, enhance intimacy levels, and completely revitalize their lives"--

### **Grief Is a Mess**

115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind Two Peas & Their Pod TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-friendly) meals with ease. From a Loaded Nacho Bar bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts. An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a batch of still-warm cookies waiting on the counter.

### **Experiencing the Loss of a Family Member**

Written for the person who has just experienced loss, this brief but powerful book leads readers through the five stages of grief to a peaceful, more mature faith. Original.

### **The Saddest Time**

In this exciting new book the incomparable Lidia takes us on a gastronomic journey—from Piemonte to Puglia—exploring ten different regions that have informed her cooking and helped to make her the fabulous cook that she is today. In addition, her daughter Tanya, an art historian, guides us to some of the nearby cultural treasures that enrich the pursuit of good food. · In Istria, now part of Croatia, where Lidia grew up, she forages again for wild asparagus, using it in a delicious soup and a frittata; Sauerkraut with Pork and Roast Goose with Mlinzi reflect the region's Middle European influences; and buzara, an old mariner's stew, draws on fish from the nearby sea. · From Trieste, Lidia gives seafood from the Adriatic, Viennese-style breaded veal cutlets and Beef Goulash, and Sacher Torte and Apple Strudel. · From Friuli, where cows graze on the rich tableland, comes Montasio cheese to make fricos; the corn fields yield polenta for Velvety Cornmeal-Spinach Soup. · In Padova and Treviso rice reigns supreme, and Lidia discovers hearty soups and risottos that highlight local flavors. · In Piemonte, the robust Barolo wine distinguishes a fork-tender stufato of beef; local white truffles with scrambled eggs is "heaven on a plate"; and a bagna cauda serves as a dip for local vegetables, including prized cardoons. · In Maremma, where hunting and foraging are a way of life, earthy foods are mainstays, such as slow-cooked rabbit sauce for pasta or gnocchi and boar tenderloin with prune-apple Sauce, with Galloping Figs for dessert. · In Rome Lidia revels in the fresh artichokes and fennel she finds in the Campo dei Fiori and brings back nine different ways of preparing them. · In Naples she gathers unusual seafood recipes and a special way of making limoncello-soaked cakes. · From Sicily's Palermo she brings back panelle, the delicious fried chickpea snack; a caponata of stewed summer vegetables; and the

elegant Cannoli Napoleon. · In Puglia, at Italy's heel, where durum wheat grows at its best, she makes some of the region's glorious pasta dishes and re-creates a splendid focaccia from Altamura. There are 140 delectable recipes to be found as you make this journey with Lidia. And along the way, with Tanya to guide you, you'll stop to admire Raphael's fresco Triumph of Galatea, a short walk from the market in Rome; the two enchanting women in the Palazzo Abbatellis in Palermo; and the Roman ruins in Friuli, among many other delights. There's something for everyone in this rich and satisfying book that will open up new horizons even to the most seasoned lover of Italy. From the Hardcover edition.

### **Till We Meet Again**

From the A-list bodyworker, trainer, and alignment expert dubbed “the body whisperer” by Goop comes Taller, Slimmer, Younger—a powerfully simple daily foam roller routine to help you sculpt longer, leaner muscles, stand an inch taller, look ten pounds slimmer, and renew your body and mind. Are you ready to roll? ALIGN YOUR BODY, ALIGN YOUR LIFE There's a new buzzword in the fitness world: fascia. It's the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences including poor posture, excess weight, acute anxiety, and chronic pain. Fitness and alignment expert Lauren Roxburgh—who has worked with such stars as Gwyneth Paltrow, Gabby Reece, Melissa Rauch, and Baron Davis—has the solution to keep your fascia supple, flexible, and strong. Using only a foam roller, you can reshape and elongate your muscles for a leaner, younger look, while also releasing tension, breaking up scar tissue, and ridding yourself of toxins. In just fifteen minutes a day, Roxburgh's 21-day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body, including the shoulders, chest, arms, legs, hips, butt, back, and stomach. The result is a healthy, balanced, aligned body that not only looks but feels fantastic. Advance praise for Taller, Slimmer, Younger “As an athlete with a lifelong passion for fitness and wellness, I am always looking to get an edge in my body, and Lauren Roxburgh has helped me do just that. Lauren's philosophy will rejuvenate your body and spirit, helping you look and feel lighter and brighter, reducing stress and tension, while dramatically improving your stance in your body and also in your life!”—Gabby Reece, U.S. beach volleyball champion “This book is sure to become the body bible for anyone who wants to live a healthy, fit, and balanced life.”—Melissa Rauch, actress, The Big Bang Theory and True Blood “Lauren's method has rejuvenated my spirit, giving me more energy and strength, which has allowed me to perform better on and off the court.”—Baron Davis, two-time NBA all-star “Lauren's method sculpts the body's soft tissues, slimming and streamlining whatever part you work. She's a ‘body whisperer!’”—Goop “If you've never tried foam rolling, I highly recommend it. [Lauren Roxburgh's] program is designed to improve posture, release tension and stress, activate and strengthen the core, and heal from the inside out. When I was a model, I used a foam roller to lengthen my muscles. I'm so excited to get back into it once I give birth! Oh, and Goop dubbed her ‘The Body Whisperer.’ Enough said.”—MollySims.com

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