

Josie Yoga Jacket

Stephanie Eding

South Dakota Yoga Josie Sanderson, 2014-12-04 A beautiful collection of yoga photographs taken in and around Brookings, South Dakota. Each photograph has been carefully placed with a motivational quote chosen to inspire greatness, wonder, natural beauty, and awe. Bloom Where You Are Planted inspires you to do what you can and find the beauty wherever you are and in whatever you are doing.

The Unplanned Life of Josie Hale Stephanie Eding, 2022-05-03 If you're looking for: Found family who always look out for you A second chance romance All the fried food that'll take your mind off your troubles A chance to start over and do things your own way Then The Unplanned Life of Josie Hale is exactly what you need! When Josie discovers that she's unexpectedly pregnant with her ex-husband's baby (darn that last attempt to save their marriage), she seeks comfort in deep-fried food at the county fair. There she runs into her two old friends, Ben and Kevin. While sharing their own disappointments with adult life, they devise a plan to move in together and turn their lives around. Soon Ben and Kevin make it their mission to prepare for Josie's baby, not least by making sure Josie always has the food she's craving. Maybe all together they can discover the true meaning of family and second chances in life...

Yoga One For Me Eden Bloom, 2022-10-27 They say you can't outrun your problems, but that won't stop me from trying... Josie It takes my boyfriend proposing for me to realize I need a new life plan, and fast! So I grab my yoga mat and hit the road. I talk my best friend into swapping places while I sort things out. Her small town of Misty Falls is incredible, and exactly what I need to rethink my life choices. Everything is going great until I run into her brother Rake - literally - and my dinner ends up all over his clothes. Even covered in mashed potatoes, he's gorgeous. Not that I care. The last thing I need is a relationship after just fleeing one... Rake The moment Josie dumps food on me, I know I'm done for. Between the tornado of a person she is and the unexpected surprise that she's my sudden roommate, I'm in for a ride. But I've got too much at stake to let her become a distraction. My lifelong dream depends on staying away from her. Even if it's the hardest thing I've ever done. *Yoga One For Me* is a sweet and funny romcom that will warm your heart. It's a full-length standalone novel that takes place in a charming small town overlooking the beach. Once you step foot in Misty Falls, you won't want to leave.

Yoga Cures (Enhanced Edition) Tara Stiles, 2012-04-03 With over 50 videos demonstrating yoga practices to treat your most common aches and pains, this enhanced edition brings the teachings of instructor Tara Stiles to life. Do you have a

headache? PMS? Cellulite? Shin splints? A broken heart? Or do you just need to chill the *&@# out? There's a yoga cure for each of these things. In *Yoga Cures*, Tara Stiles—owner of Strala Yoga in Manhattan—offers an A-to-Z guide of the poses you can do to target specific problems in your body and get you feeling better right away. Using the fun, fresh approach to yoga she is known for, Stiles takes on more than 50 common conditions ranging from arthritis and fibromyalgia to jiggly thighs and hangovers. Through a simple sequence of poses for each, suitable for the beginner through the advanced practitioner, she provides smart remedies that will keep you healthy and happy. This deluxe edition includes video footage of Stiles demonstrating and narrating the sequence of poses that comprises each cure so that you can start practicing at home today.

Face Her Fear Lisa Regan, 2024-01-30 Blood roars in Josie's ears as they circle the tree in the deep snow. A woman lies still on the freezing ground. The howling wind lifts the last of the snow clinging to her face, exposing her lovely features, frozen in forever sleep. Detective Josie Quinn is still recovering from the killing of a beloved member of her team when she and her husband Noah receive yet more devastating news. Close to her breaking point, Josie heads to a specialist trauma retreat, set in an isolated group of log cabins in the mountains of Pennsylvania. But fear is not far behind her. Josie's five fellow patients all seem to be hiding secrets darker than just the problems that brought them there and a storm is gathering, with thick snow coming down fast, isolating the cabins from the world below. Then one morning, Meg Cleary disappears. Having spent years living in terror of a stalker, Meg had come to the retreat to try to piece her life back together. But now, her cabin is empty, no logs are burning in her fireplace, no tracks in the snow lead to or from her door. Quickly organizing a search, Josie's worst fear is realized when she finds Meg's body lying in the snow, the marks around her neck revealing that her death was no accident. And this is no normal case, as Josie is stranded without her team, a phone signal or any legal authority to investigate. When she discovers that someone has placed hidden cameras inside the retreat buildings, Josie's terror grows with the knowledge that the murderer is among them. Then another patient goes missing. With their food supplies running low and no chance of escape, Josie knows that she is in the greatest danger of her life, and that she alone has a chance to identify the killer and save the rest of the group before it's too late... A totally compelling and unputdownable crime thriller that will have you turning the pages late into the night, from an Amazon, USA Today and Wall Street Journal bestselling author. Perfect for fans of Angela Marsons, Robert Dugoni and Rachel Caine. What readers are saying about *Face Her Fear*: 'Wow!... Blown away with this one!... An amazing storyteller with a gripping storyline. The adventures just keep you guessing and at the edge of your seat (I might have had two really late nights reading - I just couldn't put it down!)' Goodreads reviewer, [redacted] 'Wow, this one kept me on the edge of my seat from start to finish! All the stars!... I couldn't put this book down.' @daniereads87, [redacted] 'As always, 5 enthusiastic stars... Rushes along at break-neck speed and the setting alone is enough to give you chills... There is suspense galore and you can't put this down till the last bitterly cold page!'

NetGalley reviewer, ★★★★★ 'May just be my favorite book this year. Lisa has outdone herself on this one... Ten stars. Absolutely loved it.' Goodreads reviewer, ★★★★★ 'For me, the best in the Josie Quinn series! Wow!... I loved every minute!' Goodreads reviewer, ★★★★★ 'Lisa Regan does not disappoint, ever!... I read this one in less than 24 hours, it's so good you'll never want to put it down.' Goodreads reviewer, ★★★★★ 'Clear your schedule, grab some strong coffee, and prepare for an all-nighter!... Sucks you in from the first page and keeps you captive to the last word, keeping you on the edge of your seat all the while... Thank you Lisa for smashing another great read out of the ballpark!!' Goodreads reviewer, ★★★★★ 'Blew me away... I found myself holding my breath... An intense and emotional book that I absolutely loved.' NetGalley reviewer, ★★★★★

Fixing to Die Elaine Viets, 2013-11-05 Mystery shopper Josie Marcus has been happily married to veterinarian Ted Scottmeyer for months. But her newly wedded bliss is about to be cut short.... Josie and Ted have finally tied the knot, and they're ready for the next step: buying a house. Ted's business partner, Christine, has one she's willing to sell, but it needs a lot of love. Luckily, the newlyweds are up for the challenge. But when they tear down a rickety gazebo in the backyard, they find the body of Christine's sister, a free spirit who supposedly took off six months before. The police arrest Christine for murder, leaving Ted to work overtime at the office to cover for his partner. With no time to work on the house or be with her husband, Josie will have to find the real killer quickly, before both her house and marriage are beyond repair.... Includes Shopping Tips!

One Day in December Josie Silver, 2020-11-10 #1 NEW YORK TIMES BESTSELLER • "Get ready to be swept up in a whirlwind romance. It absolutely charmed me."—Reese Witherspoon (A Reese Witherspoon Book Club Pick) "The perfect book to get lost in . . . Josie Silver's characters sneak their way into your heart and stay."—Jill Santopolo, author of *The Light We Lost* Two people. Ten chances. One unforgettable love story. Laurie is pretty sure love at first sight doesn't exist anywhere but the movies. But then, through a misted-up bus window one snowy December day, she sees a man who she knows instantly is the one. Their eyes meet, there's a moment of pure magic...and then her bus drives away. Certain they're fated to find each other again, Laurie spends a year scanning every bus stop and cafe in London for him. But she doesn't find him, not when it matters anyway. Instead they reunite at a Christmas party, when her best friend Sarah giddily introduces her new boyfriend to Laurie. It's Jack, the man from the bus. It would be. What follows for Laurie, Sarah and Jack is ten years of friendship, heartbreak, missed opportunities, roads not taken, and destinies reconsidered. *One Day in December* is a joyous, heartwarming and immensely moving love story to escape into and a reminder that fate takes inexplicable turns along the route to happiness.

Cat and Nat's Mom Truths Catherine Belknap, Natalie Telfer, 2019-03-12 THE NATIONAL BESTSELLER Hilarious best friends Cat and Nat created a massive online community of moms by sharing their ultra-real and just a bit R-rated dispatches from the mom trenches. From what not to eat a few days after giving birth (chicken wings) to the most effective ways to

dodge post-partum sex, Cat & Nat's Mom Truths shares everything no one will tell you about having kids. Mixing memoir, humor, and advice, Cat and Nat tell never-before-told stories about the stress, guilt, joy, and laundry (oh the laundry!) of being a mom in their first book. With seven kids between them and millions of fans on social media, they get real about the parts of parenting that somehow don't make the Instagram feed. Sharing their outrageous humor, fearless myth-busting, and genuine comfort on every page, they walk you from pregnancy to the toddler years and beyond. And they dole out ridiculously honest advice, like what you think you need at the hospital when you have your first baby (lip gloss) versus what you actually need (hemorrhoid pillow), and how worried you should really be about germs (less than you are). Fearless crusaders against the perfection myth and all the gluten-free, sugar-free baking it entails, Cat and Nat assure you that you're already doing a great job, making this an essential companion for moms everywhere.

Love, Chocolate, and a Dog Named Al Capone Abigail Drake, 2021-09-29 Pride, prejudice, and a puppy! A romantic comedy from a Labrador's perspective. Capone, the newly acquired puppy of Miss Josephine St. Clair, owner of Bartleby's Books, is a literature loving Labrador. Obsessed with Jane Austen, and cursed with a terrible name, Capone hopes to change his doggie karma and prove he's just as much a gentleman as the heroes in his favorite books, by finding the perfect Mr. Darcy for the lonely and bookishly adorable Miss Josie. Unfortunately, the only men Miss Josie seems to encounter aren't Darcys at all. They're Wickhams, Churchills, and Willoughbys. Even worse, there is trouble afoot. Someone has been sabotaging Miss Josie's business, and all signs point to her evil ex. Can Capone find a way to save Bartleby's Books, help Miss Josie find her true love, and earn, at long last, a name befitting a true gentleman? ***Honorable Mention, Writer's Digest Self-Published E-book Awards, 2019. Winner of the Stiletto Contest, 2020***

Kind of a Big Deal Shannon Hale, 2020-08-25 "So many strange and wonderful things happen at every twist and turn, you'll be happy to wander with Josie . . . Each book she descends into seems to teach her something, and even if it's not obvious where the story is going, we're in it for the long haul." —NPR From Shannon Hale, bestselling author of *Austenland*, comes *Kind of a Big Deal*: a story that will suck you in—literally. There's nothing worse than peaking in high school. Nobody knows that better than Josie Pie. She was kind of a big deal—she dropped out of high school to be a star! But the bigger you are, the harder you fall. And Josie fell. Hard. Ouch. Broadway dream: dead. Meanwhile, her life keeps imploding. Best friend: distant. Boyfriend: busy. Mom: not playing with a full deck? Desperate to escape, Josie gets into reading. Literally. She reads a book and suddenly she's inside it. And with each book, she's a different character: a post-apocalyptic heroine, the lead in a YA rom-com, a 17th century wench in a corset. It's alarming. But also . . . kind of amazing? It's the perfect way to live out her fantasies. Book after book, Josie the failed star finds a new way to shine. But the longer she stays in a story, the harder it becomes to escape. Will Josie find a story so good that she just stays forever?

A Soldier's Promise Karen Templeton, 2016-02-01 WHEN A PROMISE BECOMES A TEMPTATION... Look after his best

friend's widow and kids. It was a promise Levi Talbot was determined to keep. But returning to Whispering Pines, New Mexico, where he was once known as the local troublemaker, wasn't easy for the former soldier. Especially when gorgeous Valerie Lopez really wants nothing to do with him...and Levi can't get her out of his head! Val knows she needs Levi's help—her house is in chaos and she's juggling two young kids with a fledgling business. So she lets him take over the repairs—but there's no way she's letting Levi make himself at home! Since her husband's death, Val has kept her heart locked away...but what if the handsome veteran next door is the key to her future?

Tickle Monster Josie Bissett, 2008 A loveable monster from planet tickle is on a mission to spread laughter on earth.

The Dogwalker Trilogy Susan Donovan, 2015-12-08 Not That Kind of Girl Roxie Bloom is through with love. Fresh on the heels of a bad break-up, she's decided to devote all her time to her man-slamming website--and her man-hating dog, Lilith. But this pit-bull-Boxer is so good at unleashing her fury (and her owner's) that the male victims keep piling up...and now it's time to get some sensitivity training. Enter Eli Gallagher, one of the best--and hottest--canine experts in town. The more Eli gets to know Roxie, the more he senses that Lilith is not the only one who has been hurt by men in the past. With a little gentle prodding, and a whole lot of patience, Eli hopes to gain Roxie's trust and soothe her broken heart. Eli can see that Roxie's bark is way worse than her bite. But she's not putting her guard down just yet--even if she is falling deeply, madly, doggedly in love with him... The Night She Got Lucky Her marriage is over. Her newspaper career went belly up. And it won't be long before her two teenage sons are off to college...and then what? Sometimes it seems like the only thing Ginger Garrison can count on is her beloved Bichon Frisé and the loyal women in her dog-walking group. But her luck is about to take a wild turn. . . A diplomatic snafu has sidelined the globe-trotting nature photographer Lucio Lucky Montez, a man known as much for his wild personal life as his wildlife images. Now stuck in the States and forced to shoot pet portraits for a living, his prospects look downright tame...until Ginger enters his world. Lucky's always been a love-her-and-leave-her kind of guy, but something about the spirited, sensual Ginger makes him want to stick around. But will Lucky's playboy past end up costing him the only woman he's ever really loved? Ain't Too Proud to Beg Josie Sheehan collects failed relationships the way some women collect designer handbags. Now, at thirty-five, she has exactly one male in her life: her Labradoodle, Genghis. In fact Josie, along with the three very single women in her dog-walking group, has recently sworn off men, resigning herself to long walks in the park with her devoted, four-legged friend. All bets are off, however, when she meets Rick Rousseau, a pet-company CEO who is smart, sexy, and, best of all, head-over-heels for Josie. Even Genghis, an excellent judge of character, seems to know that Rick is the real deal. But just when Josie starts to think that she has found something more enduring than puppy love, she discovers that Rick has a complicated past--and a secret that could put the woman he loves in serious danger...

Heroes of the Frontier Dave Eggers, 2016-07-26 A captivating, often hilarious novel of family, loss, wilderness, and the

curse of a violent America, Dave Eggers's *Heroes of the Frontier* is a powerful examination of our contemporary life and a rousing story of adventure. Josie and her children's father have split up, she's been sued by a former patient and lost her dental practice, and she's grieving the death of a young man senselessly killed. When her ex asks to take the children to meet his new fiancée's family, Josie makes a run for it, figuring Alaska is about as far as she can get without a passport. Josie and her kids, Paul and Ana, rent a rattling old RV named the Chateau, and at first their trip feels like a vacation: They see bears and bison, they eat hot dogs cooked on a bonfire, and they spend nights parked along icy cold rivers in dark forests. But as they drive, pushed north by the ubiquitous wildfires, Josie is chased by enemies both real and imagined, past mistakes pursuing her tiny family, even to the very edge of civilization. A tremendous new novel from the bestselling author of *The Circle*, *Heroes of the Frontier* is the darkly comic story of a mother and her two young children on a journey through an Alaskan wilderness plagued by wildfires and a uniquely American madness.

Hale Series Box Set Marie James, 2023-11-17 BOX SET INCLUDES THE ENTIRE HALE SERIES Coming to Hale The only time she trusted someone with her heart, she was just a girl; he betrayed her and left her humiliated. Since then, Lorali Bennett has let that moment in time dictate her life. Ian Hale, sexy as sin business mogul, has never had more than a passing interest in any particular woman, until a chance encounter with Lorali, leaves a lasting mark on him. Their fast paced romance is one for the record books, but what will happen when Ian's secrets come to light? Especially when those secrets will cost her everything she spent years trying to rebuild Begging for Hale Alexa Warner, an easy going, free spirit, has never had a problem with jumping from one man to the next. She likes to party and have a good time; if the night ends in steamy sex that's a bonus. She's always sought pleasure first and never found a man that turned her down; until Garrett Hale. Never in her life was she forced to pursue a man, but his rejection doesn't sit well with her. Alexa aches for Garrett, his rejection festering in her gut. The yearning for him escalating until she is able to seduce him, taste him. Garrett Hale, a private man with muted emotions, has no interest in serious relationships. Having had his heart ripped out by his first love, he now leaves a trail of one night stands in his wake. Mutually satisfying sex without commitment is his newly adopted lifestyle. Alexa's constant temptation has his restraint wavering. The aftermath of giving into her would be messy; she is after all the best friend of his cousin's girlfriend, which guarantees future run-ins, not something that's supposed to happen with a one night stand. Yet, the allure of having his mouth on her is almost more than he can bear. With hearts on the line, and ever increasing desire burning through them both, will one night be enough for either of them? Hot as Hale Innocent Joselyne Bennett loves her quiet life. As an elementary teacher her days include teaching kids then going home to research fun science projects to add to her lesson plan. Her only excitement is living vicariously through her sister Lorali and friend Alexa Warner. Incredibly gorgeous police detective Kaleb Perez was going through the motions of life. His position on the force as a narcotics detective forced him to cross paths with Josie after a shooting involving her friend. On more than one occasion

Kaleb discretely tried to catch Josie's eye. On every occasion he was ignored but when her hand is forced after a break-in at her apartment Josie and Kaleb are on a collision course with each other. Formerly timid Josie is coaxed out of her shell by the sexy-as-sin Kaleb who nurtures her inner sex-kitten in the most seductive ways, and replaces her inexperience with passionate need. The small group has overcome so much in such a short period of time and just when they think they can settle back into their lives they are forced back into the unknown. Can Kaleb protect Josie from further tragedy? Can she let him go once the threat of danger is gone? To Hale and Back Just when things seem like they're getting back to normal and everyone is safe, drugs, money, and vengeance lead a rogue group into action, culminating in a series of events that leave one man dead and another in jail for a wide range of crimes, none of which he is guilty of. This incredibly strong and close knit group of six will be pushed to their limits when they are thrown into adversity. But can they come out unscathed? The situation turns dire when friendships and bonds are tested past the breaking point. Allegiances are questioned and relationships may crumble. This final chapter in the Hale Series is told through the point of view of all six main characters from the series, each one giving their own perspective and thoughts on the hell they are all going through.

The Doctor's Valentine Dare Cindy Kirk, 2016-01-19 Neurosurgeon Noah Anson proposes to win over Josie Campbell in five dates, and Josie cannot resist his offer.

Two Speckled Eggs Jennifer K. Mann, 2014-04-22 Reluctantly inviting the class misfit to her birthday party, Ginger bonds with Lyla when the latter arrives early, supports her party choices and gives her a unique gift, an encounter that compels Ginger to reconsider earlier notions.

The Ghost Stephanie Julian, 2022-10-08 A seductive and heartwarming tale in this irresistible standalone novel. Pro hockey player Frank returns home, seeking his next chapter in life. No longer the impetuous youth he once was, Frank's ready to settle down and find stability. Amidst his search, a clandestine affair blossoms with a younger woman who cares for his grandmother, adding a secret passion to his life. Amethyst, a hardworking single mother, dedicates her time to creating a better future for herself and her son. Romance takes a backseat to her demanding schedule filled with college studies and multiple jobs. However, when her employer's irresistible grandson arrives unexpectedly, an undeniable spark ignites between them. Frank is the perfect blend of sweetness and spice, leaving her craving for more. As Frank contemplates whether his love for the game will pull him back on the road, he must also confront the possibility of a newfound passion and an instant family. Will he succumb to the allure of his beloved sport, or will this connection and the prospect of a stable life provide him with the roots he's been yearning for? Dive into this enchanting tale and let your heart melt.

This Is Big Marisa Meltzer, 2020-04-14 From a contributor to *The Cut*, one of *Vogue's* most anticipated books bravely and honestly (Busy Philipps) talks about weight loss and sheds a light on Weight Watchers founder Jean Nidetch: a triumphant chronicle (New York Times). Marisa Meltzer began her first diet at the age of five. Growing up an indoors-loving

child in Northern California, she learned from an early age that weight was the one part of her life she could neither change nor even really understand. Fast forward nearly four decades. Marisa, also a contributor to the New Yorker and the New York Times, comes across an obituary for Jean Nidetch, the Queens, New York housewife who founded Weight Watchers in 1963. Weaving Jean's incredible story as weight loss maven and pathbreaking entrepreneur with Marisa's own journey through Weight Watchers, she chronicles the deep parallels, and enduring frustrations, in each woman's decades-long efforts to lose weight and keep it off. The result is funny, unexpected, and unforgettable: a testament to how transformation goes far beyond a number on the scale.

The Housewife Assassin's Terrorist TV Guide Josie Brown, 2016-12-09 IN THE 14TH NOVEL OF THE HOUSEWIFE ASSASSIN SERIES: Housewife assassin Donna Stone's mission: go under deep cover in order to investigate the resurrection of known terrorists where were thought to be long dead and buried.

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