

Buff Dudes

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The Dude Diet - Serena Wolf 2016-10-25

From chef and creator of the popular food blog DomesticMe.com, 125 outrageously delicious yet deceptively healthy recipes for dudes (and the people who love them), accompanied by beautiful full-color photography. Dudes. So well intentioned when it comes to healthy eating, even as they fail epically in execution—inhaling a "salad" topped with fried chicken fingers or ordering their Italian hero on a whole wheat wrap (that makes it healthy, right?). There are several issues with men going on diets. First, they seem to be misinformed about basic nutrition. They are also, generally, not excited about eating "health food." You can lead a dude to the salad bar, but you can't make him choose lettuce. Enter Serena Wolf—chef, food blogger, and caretaker of a dude with some less than ideal eating habits. As a labor of love, Serena began creating healthier versions of her boyfriend's favorite foods and posting them on her blog, where she received an overwhelming response from men and women alike. Now, in *The Dude Diet*, Serena shares more than 125 droolworthy recipes that prove that meals made with nutrient-dense whole foods can elicit the same excitement and satisfaction associated with pizza or Chinese take-out. *The Dude Diet* also demystifies the basics of nutrition, empowering men to make better decisions whether they're eating out or cooking at home. Better still, each recipe is 100% idiot-proof and requires only easily accessible ingredients and tools. With categories like Game Day Eats, On the Grill, Serious Salads, and Take Out Favorites, *The Dude Diet* will arm dudes and those who love them with the knowledge they need to lead healthier, happier lives—with flattened beer bellies and fewer meat sweats. *The Dude Diet* includes 102 full-color photographs.

How Heavy Are the Dumbbells You Lift? Vol. 2 - Yabako Sandrovich 2020-02-25

Hibiki and company are trying out some new experiences to reach their fitness goals! First up, a home workout—then the beach! Not long after, it's time for the school sports festival. And then, Hibiki joins an arm-wrestling competition?!

Fit Men Cook - Kevin Curry 2018-12-04

The fitness influencer and creator of the #1 bestselling Food & Drink app, FitMenCook, shares 100 easy, quick meal prep recipes that will save you time, money, and inches on your waistline—helping you to get healthy on your own terms. We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat and how it's going to affect our bodies, we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve wellness goals without breaking the bank. In *Fit Men Cook*, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day—from grocery lists to common dieting pitfalls to his ten commandments of meal prep—as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement. This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With *Fit Men Cook*, you can create exciting, satisfying meals and be on your way to losing weight for good. After all, bodies may be sculpted at the gym, but they are built in the kitchen.

Diners, Dudes, and Diets - Emily J. H. Contois 2020-10-02

The phrase "dude food" likely brings to mind a range of images: burgers stacked impossibly high with an assortment of toppings that were themselves once considered a meal; crazed sports fans demolishing plates of radioactively hot wings; barbecued or bacon-wrapped . . . anything. But there is much more to the phenomenon of dude food than what's on the plate. Emily J. H. Contois's provocative book begins with

the dude himself—a man who retains a degree of masculine privilege but doesn't meet traditional standards of economic and social success or manly self-control. In the Great Recession's aftermath, dude masculinity collided with food producers and marketers desperate to find new customers. The result was a wave of new diet sodas and yogurts marketed with dude-friendly stereotypes, a transformation of food media, and weight loss programs just for guys. In a work brimming with fresh insights about contemporary American food media and culture, Contois shows how the gendered world of food production and consumption has influenced the way we eat and how food itself is central to the contest over our identities.

Arnold's Bodybuilding for Men - Arnold Schwarzenegger 2012-07-17

The complete program for building and maintaining a well-conditioned, excellently proportioned body -- for a lifetime of fitness and health. In *Arnold's Bodybuilding for Men*, legendary athlete Arnold Schwarzenegger shows you how to achieve the best physical condition of your life. For every man, at every age, Arnold outlines a step-by-step program of exercise, skillfully combining weight training and aerobic conditioning. The result -- total cardiovascular and muscular fitness. Arnold's program of exercise features stretching, warm-up and warm-down routines, and three series of exercises, each more ambitious than the last, all calculated to help you progress at your own speed. In addition, Arnold contributes important advice about equipment, nutrition and diet, and getting started on your program of exercise. Special sections of *Arnold's Bodybuilding for Men* cover training for teenagers, exercises designed to keep you in shape on the road or when you can't get to the gym, and the regimen Arnold followed to win his seven Mr. Olympia titles. Illustrated with hundreds of photographs of Arnold and other top bodybuilders, *Arnold's Bodybuilding for Men* will help every man look great and feel terrific.

What's Up, Beanie? - Alina Tysoe 2021-08-03

A collection of 160 comics from the hugely popular *What's Up, Beanie?*, all adorable, humorously frank, completely wholesome, and acutely relatable. Hilariously eccentric and self-aware, Alina Tysoe, the pink-haired illustrator behind the wildly popular *What's Up, Beanie?*, captures relatable topics like family, the awkward pains of social anxiety, sweet moments of love and a growing relationship, amusing childhood stories, and her intense love of dogs. Adorably drawn, these endearing snapshots of Alina's life are surprisingly familiar, as if they've been taken from your own life: finding solace with a lone puppy at a crowded party, the frustration of deciding what to eat for dinner, making the mistake of hitting the snooze button, accidentally stepping on a dog's foot and feeling like a MONSTER, and tons more! Including dozens of all-new exclusive comics in addition to fan favorites, this collection is perfect for those who need a laugh at the small agonies of life.

The Odd 1s Out - James Rallison 2019-01-10

Hilarious stories and advice about the ups and downs of growing up, from a hugely popular YouTube artist and storyteller.

Success Is 90% Spite - Jane Zei 2020-04-21

Based on the popular webcomic *The Pigeon Gazette!* Follow artist Jane Zei through the everyday rollercoaster of a quarter-life crisis—when high-flying optimism meets cold, hard adulthood during the journey from college to a full-time career. With favorites from viral webcomic *The Pigeon Gazette*, along with never-before seen comics, *Success is 90% Spite* is a reminder that there's nothing you can't achieve through hard work, persistence—and really wanting to prove someone else wrong. • A hilarious and high-energy collection that captures the all-too-real difficulties of life as a 20-something in a modern world • Comics follow Jane's endearingly awkward and whimsical efforts to navigate adulthood. • Covers a range of topics in both short, four-panel, and longer-form comics When life gives you lemons . . . throw those suckers back into life's stupid face and make your own success. From choosing Lord of the Rings over love, to mastering pooping etiquette in the workplace, Jane's

existential adventures are told with an extra dose of narrative imagination, extended jokes on inane topics, and daydreams. • The Pigeon Gazette has been featured in articles by Huffington Post, Bored Panda, and BuzzFeed • Great book for fans of funny webcomics, internet humor, and any millennial trying to make their way in the world • Add it to the collection of books like *Adulthood Is a Myth: A Sarah's Scribbles Collection* by Sarah Andersen, *Am I There Yet?: The Loop-de-loop, Zigzagging Journey to Adulthood* by Mari Andrew, and *It's All Absolutely Fine: Life Is Complicated So I've Drawn It Instead* by Ruby Elliot

Biflocka - Kevin Klix 2014-09-03

Ayo, bro, have you heard about, um, Clyde Clark and how he ingested the Biflocka psilocybin? It's nuts, boyo. Became the biggest thing in South Florida since plastic pink flamingos. All people and everyone usin', abusin' that dope like madmen, addicted as all hell, yo. But it's weird because Clyde isn't even the type of guy to be involved in something like that. His friend Edgar, who he supplies, sold the drug like cray to everyone and made hella cash-flow, and I think Edgar's old supplier, Tony-something or other, wanted to get back at them for it. Crazy, yo. Even the dang principal of Clyde and Edgar's highschool was in on it, but it's probably 'cause the principal showed Clyde botany and maybe adopted him after his mom died in an act of abuse toward whatever, whatever. Little does everyone know, though, aside from probably Clyde, is that this lil' druggy McDrugersmith causes hella sickness to all of its users, including Clyde, the first one to try the dang thing. . . .

Safely Endangered Comics - Chris McCoy 2019-04-09

Created by UK-based artist Chris McCoy, *Safely Endangered's* brilliantly hilarious comics have an unexpected, twisted punch line with an adorable illustration. From relying far too heavily on Facebook to the struggles of sibling rivalry, *Safely Endangered* covers a vast range of ridiculously funny situations with humans, animals and even video game characters.

Sorry I Ruined Your Childhood - Ben Zaehringer 2019-10-01

A subversive, hilarious, dark-but-uplifting collection of comics skewering the commercial figures, Disney stories, and pop cultural touchstones that Millennials and Gen X-ers grew up with in the '80s and '90s. Ben Zaehringer's versatile art styles and wicked curveballs are sharp, clever and accessible, prompting many readers to comment that the author is "ruining their childhood" in the most delightful way possible.

Emotions Explained with Buff Dudes - Andrew Tsyaston 2018-10-16

You know how, since the dawn of humanity, great philosophers and poets have dedicated their entire lives to exploring concepts like love, life itself, logic, and sorrow? Well, those great philosophers and poets are dead now, so I win. -- Shen "You know how, since the dawn of humanity, great philosophers and poets have dedicated their entire lives to exploring concepts like love, life itself, logic, and sorrow? Well, those great philosophers and poets are dead now, so I win." -- Shen *Emotions Explained With Buff Dudes* is your fully illustrated guide to the hyper-conflicted, tragicomic feelings of our age. Featuring the resilient, shaggy-haired Shen, this debut collection of Owlurd Comix is a tale of triumph and survival -- of getting your ass kicked by sleep deprivation and student loans, but never losing hope. Most of all, it's an amusing, instructive journey through a vast array of emotions, including those best explained with dudes who are buff.

Hot Dudes Reading - Hot Dudes Reading 2016-04-26

Humans of New York meets Porn for Women in this collection of candid photos, clever captions, and hilarious hashtags about one of the most important subjects of our time: hot dudes reading. Based on the viral Instagram account of the same name, *Hot Dudes Reading* takes its readers on a ride through all five boroughs of New York City, with each section covering a different subway line. Using their expert photography skills (covert iPhone shots) and journalistic ethics (#NoKindles), the authors capture the most beautiful bibliophiles in all of New York—and take a few detours to interview some of the most popular hot dudes from the early days of the Instagram account. Fun, irreverent, and wittily-observed, this book is tailor-made for book lovers in search of their own happy endings—and those who just want to get lost between the covers for a while.

Control Freak - Cliff Bleszinski 2022-11-01

The designer of *Unreal* and *Gears of War* offers an eye-opening personal account of the video game industry as it grew from niche hobby to hundred-billion-dollar enterprise. Video games are dominating the planet. In 2020, they brought in \$180 billion dollars globally—nearly \$34 billion in the United States alone. So who are the brilliant designers who create these stunning virtual worlds? Cliff Bleszinski—or CliffyB as he is known to gamers—is one of the few who've reached mythical, rock star

status. In *Control Freak*, he gives an unvarnished, all-access tour of the business. Toiling away in his bedroom, Bleszinski created and shipped his first game before graduating high school, and at just seventeen joined a fledgling company called Epic Games. He describes the grueling hours, obscene amounts of Mountain Dew and obsessive focus necessary to achieve his singular creative visions. He details Epic's rise to industry leader, thanks largely to his work on bestselling franchises *Unreal* and *Gears of War* (and, later, his input on a little game called *Fortnite*), as well as his own awkward ascent from shy, acne-riddled introvert to sports car-driving celebrity rubbing shoulders with Bill Gates. As he writes, "No one is weirder than a nerd with money." While the book is laced with such self-deprecating humor, Bleszinski also bluntly addresses the challenges that have long-faced the gaming community, including sexism and a lack of representation among both designers and the characters they create. *Control Freak* is a hilarious, thoughtful, and inspiring memoir. Even if you don't play games, you'll walk away from this book recognizing them as a true art form and appreciating the genius of their creators.

My Dog: The Paradox - The Oatmeal 2013-05-07

The newest collection of the popular web comic, *The Oatmeal*.

100 Recipes - America's Test Kitchen 2015-10-13

A provocative, handpicked collection of relevant (and surprising) essential recipes for today's cook. We have countless recipes at our disposal today but what are the real keepers, the ones that don't just feed us when we're hungry or impress our friends on Saturday night, but inspire us to get into the kitchen? At the forefront of American cooking for more than 20 years, the editors at America's Test Kitchen have answered this question in an essential collection of recipes that you won't find anywhere else: *100 Recipes Everyone Should Know How to Make*. Organized into three recipe sections—Absolute Essentials, Surprising Essentials, and Global Essentials—each recipe is preceded by a thought-provoking essay that positions the dish. For example, *Treating Pasta Like Rice Simplifies Everything*; *A Covered Pot Is a Surprisingly Good Place to Roast a Chicken*; and *Re-imagine Pie in a Skillet to Simplify the Process*. You'll find useful workday recipes like a killer tomato sauce that's almost as easy as opening a jar of the store-bought stuff; genius techniques for producing amazing flavor—try poaching chicken breasts over a garlic-and-soy- spiked brine (trust us, it's that good); and familiar favorites reinvigorated—the best beef stew comes from Spain (and it's even easier to make than the stateside stew you've been eating for years). Gorgeous photography (shot right in the test kitchen) accompanies every recipe, revealing the finished dish as well as highlights of its preparation. Likely to stir debate among anyone interested in food and cooking, *100 Recipes Everyone Should Know How to Make* provides a snapshot of how we cook today and will galvanize even the most jaded cook to get into the kitchen. From the Hardcover edition.

Stranger Planet - Nathan W. Pyle 2020-06-16

New York Times Bestseller The sequel to the #1 New York Times bestselling phenomenon *Strange Planet*, featuring more hilarious and poignant adventures from the fascinating inhabitants of Nathan W. Pyle's colorful world. In this eagerly awaited sequel, Nathan takes us back to his charming and instantly recognizable planet colored in bright pinks, blues, greens, and purples, providing more escapades, jokes, and p h r a s e s. Nathan mixes his most popular Instagram comics with more than thirty original works created exclusively for this second volume to explore four major topics: traditions, nature, emotions, and knowledge. He inducts new and longtime fans into a strangely familiar world and its culture, from "cohesion" (marriage) to "mild poison" (alcohol) to the full lyrics to "The Small Eight-Legged Creature" (sung to the tune of *The Itsy-Bitsy Spider*). Bright, colorful, and whimsical—yet charmingly familiar—*Stranger Planet* is out-of-this-world fun.

Be Everything at Once - Dami Lee 2018-08-07

Why do things in moderation when you can just do everything? Cartoonist Dami Lee's hilarious four-panel comic collection illustrates her experience navigating identity, relationships, pop culture, and misunderstandings about basic human interactions, from growing up as a South Korean immigrant kid in the foreign land of Texas to finding her home as a professional cartoonist in cyberspace. With favorite selections from Dami's massively popular webcomic *As Per Usual*, as well as many never-before-seen comics, *Be Everything at Once* is earnestly relatable and endlessly funny, full of (mostly) true stories for anyone who obsesses over their favorite snacks, struggles to take the best selfie, tears up at the sight of a perfect dog, or is maybe just trying to find their place.

Super Chill - Adam Ellis 2018-10-23

Adam's comics deal with weightier topics like seasonal affective disorder and struggles with self-esteem, while also touching on the silly and absurd—like his brief, but intense obsession with crystals. With a bright, positive outlook and a sense of humor, Super Chill tells a story that is both highly relatable and intensely personal.

Buff Dudes Cutting Book - Hudson White 2017-11-23

A 112 page food and fitness guide to getting lean with an included 12 week workout plan and eating routine.

Buff Dudes Bodyweight Book - Hudson White 2018-06

Maximus Body - Bobby Maximus 2018-05-08

Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppably fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter.

Getting that shredded body requires real commitment and real work—and Bobby can show you how. Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like "Don't Ask Me About Your Abs," that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness.

A Dude's Guide to Baby Size - Taylor Calmus 2022-05-10

The viral video star behind Dude Dad offers a humorous and heartfelt guide to helping expectant fathers survive and thrive during the wild ride that is forty weeks of pregnancy. Numerous apps and books exist to help expectant parents understand their baby's development by comparing their unborn child to a raspberry or a stalk of broccoli, but Taylor Calmus takes issue with that. First off, your baby is not some wimpy little vegetable. Your baby is a hardcore little lug nut who is straight-up growing organs on a weekly basis. Second, how big is a stalk of broccoli? And what the heck is a kumquat? Clearly this situation calls for a better approach. Enter . . . *A Dude's Guide to Baby Size*. • At week nine, your little shredder resembles the circumference of a guitar pick. • At week twenty-four, your budding jalapeño is the size of some concession-stand nachos. • By week thirty-four, your little lopper is now the size of a sixteen-inch largemouth bass that weighs four to five pounds! This book is full of fun facts about your growing baby, advice on how to help Mom-to-be, as well as ideas and encouragement for you on your journey from Dude to Dude Dad. Buckle up for a wild ride full of maternity metaphors, gnarly playlists for all the special occasions, new parenting tales, dos and don'ts for expecting dads, and even an entire chapter dedicated to beef brisket!

The Ultimate Book of Pub Trivia by the Smartest Guy in the Bar - Austin Rogers 2022-02-22

Knock back a brew and play a few rounds of the greatest, most fascinating, and hilarious pub trivia ever devised, written by 12-time Jeopardy! champion Austin Rogers, a longtime New York City bartender and pub trivia host for 15 years.

Emotions Explained with Buff Dudes - Andrew Tsyaston 2018-10-16

"You know how, since the dawn of humanity, great philosophers and poets have dedicated their entire lives to exploring concepts like love, life itself, logic, and sorrow? Well, those great philosophers and poets are dead now, so I win." — Shen Emotions Explained With Buff Dudes is your fully illustrated guide to the hyper-conflicted, tragicomic feelings of our age. Featuring the resilient, shaggy-haired Shen, this debut collection of Owlurd Comix is a tale of triumph and survival — of getting your ass kicked by sleep deprivation and student loans, but never losing hope. Most of all, it's an amusing, instructive journey through a vast array of emotions, including those best explained with dudes who are buff.

My Road Hockey Obsession - Curt Solomon 2015-01-19

The whole world knows how much hockey is a vital part of Canadian culture. The cold winters, old rinks, and frozen ponds are ubiquitous to millions of Canadians and contextual for countless more across the world. Even for those who didn't play ice hockey, the game still became

palpable. In *My Road Hockey Obsession*, author Curt Solomon tells the story of a group of young friends building their lives, friendships, and adolescence around road hockey. For Solomon, road hockey was much, much more than a pastime. It was the only pastime. When he started playing road hockey, he knew he had found the city of gold, and there was no use looking for or pursuing any other activity. In this unique story built entirely around ball hockey, Solomon shares how he and his friends transformed a simple pastime into the most bonding and durable period of their lives. Road hockey was how they grew up, how they communicated, how they thought, and how they forged life-long memories. *My Road Hockey Obsession* narrates a joyous story that sparks nostalgia—the days of orange balls, plastic blades, and the hollow sound of wooden sticks on asphalt.

How Heavy Are the Dumbbells You Lift? Vol. 1 - Yabako Sandrovich 2019-11-19

Hibiki is a teenage girl who loves to eat, but when she notices her waistline expanding, she decides to check out the local gym. The gym is full of buff dudes...and Akemi, the student council president?! When Akemi tries to convince Hibiki to take up weight training, Hibiki resists—until she meets pretty boy trainer Machio. Now, Hibiki is willing to do whatever it takes to get fit!

Haven - Rebekah Weatherspoon 2017-04-19

"A week-long getaway... City girl Claudia Cade's carefree life is plunged into chaos when a camping trip with her brother in the national forests of Northern California turns into a deadly dash for her survival. Nature photographer Shepard Olsen has resigned himself to a quiet existence ... until a woman in need of his protection shows up on his doorstep and throws his universe in disarray"--Back cover.

Yes, I'm Hot in This - Huda Fahmy 2018-12-11

Popular Instagram cartoonist and Muslim-American Huda Fahmy presents a hilarious, relatable, and painfully honest new collection of comics that break down barriers and show how universal our everyday problems, worries, and joys actually are. At some point in our lives, we've all felt a little out of place. Huda Fahmy has found it's a little more difficult to fade into the crowd when wearing a hijab. In *Yes, I'm Hot in This*, Huda navigates the sometimes-rocky waters of life from the unique perspective of a Muslim-American woman, breaking down misconceptions of her culture one comic at a time. From recounting the many questions she gets about her hijab every day (yes, she does have hair) and explaining how she runs in an abaya (just fine, thank you) to dealing with misconceptions about Muslims, *Yes, I'm Hot in This* tackles universal feelings from an point of view we don't hear from nearly enough. Every one of us have experienced love, misunderstanding, anger, and a deep desire for pizza. In *Yes, I'm Hot in This*, Huda's clever comics demonstrate humor's ability to bring us together, no matter how different we may appear on the surface.

Scrawny to Brawny - Michael Mejia 2005-03-24

A state-of-the-art weight-lifting and nutritional blueprint for "skinny" guys who want to pack on muscle Let's face it, naturally skinny guys are at a distinct genetic disadvantage when it comes to building muscle mass. But with the proper advice, these "hardgainers" definitely can realize their fitness goals. In *Scrawny to Brawny*, the authors draw on their years of practical experience as private strength and nutrition coaches to provide hardgainers with: • A progressive, state-of-the-art program that optimizes results with shorter, less frequent workouts that maximize compound exercises • A unique, action-based perspective on nutrition that shows how to prepare quick muscle-building meals and snacks—and how to take advantage of several critical times in the day when muscle growth can be stimulated by food intake • Vital information on how to identify and fix any weak links in their physiques that may be precursors to injury Designed not only for frustrated adult hardgainers but also—with its strong anti-steroid message—a terrific book for the large teen market, *Scrawny to Brawny* fills a significant gap in the weight-lifting arsenal.

The Cambridge Companion to Literature and Food - J. Michelle Coghlan 2020-03-31

This Companion provides an engaging and expansive overview of gustation, gastronomy, agriculture and alimentary activism in literature from the medieval period to the present day, as well as an illuminating introduction to cookbooks as literature. Bringing together sixteen original essays by leading scholars, the collection rethinks literary food from a variety of critical angles, including gender and sexuality, critical race studies, postcolonial studies, eco-criticism and children's literature. Topics covered include mealtime decorum in Chaucer, Milton's culinary metaphors, early American taste, Romantic gastronomy, Victorian eating,

African-American women's culinary writing, modernist food experiments, Julia Child and cold war cooking, industrialized food in children's literature, agricultural horror and farmworker activism, queer cookbooks, hunger as protest and postcolonial legacy, and 'dude food' in contemporary food blogs. Featuring a chronology of key publication and historical dates and a comprehensive bibliography of further reading, this Companion is an indispensable guide to an exciting field for students and instructors.

Buff Dudes Bulking Book - Hudson White 2017-01-23

Want to gain strength and size? Then you're going to need the *Buff Dudes Bulking Book*, a handy fitness guide full of workout plans, eating routines, stretching, mobility and more. If you wanna get Buff, you're gonna need the *Buff Dudes Bulking Book*!

[The Carnivore Diet](#) - Shawn Baker 2019-11-19

Shawn Baker's *Carnivore Diet* is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The *Carnivore Diet* reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the *Carnivore Diet* as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

[Texts from Dog](#) - October Jones 2012-11-06

He's a dog with a phone . . . My dog sends me texts. Yeah. It's weird. When October Jones figured out he could send text messages to himself on his mobile phone, he naturally decided that the best use of this discovery was to send passive-aggressive messages to himself under the guise of his bulldog. And so the exasperating, slightly delusional, and utterly endearing *Dog* and his alter-ego, *BatDog*, were born. *Texts from Dog* features *Dog*'s attempts to keep the neighborhood safe from the likes of Mr. Postman and his arch-nemesis *Cat-Cat*—he has managed to only smash three TVs and a patio door in the process. And in between crime fighting sprees and run-ins with the squirrel mafia, there are romantic interludes with pillows, fetch sessions gone terribly awry, and the abusive banter only a bromance between man and his text-savvy dog can spawn. For those of us who have ever had a conversation with a pet in our heads, *Texts from Dog* will make you laugh out loud and perhaps even make you think twice about leaving your pet home alone for the day.

[The Dude Diet Dinnertime](#) - Serena Wolf 2019-10-29

The author of *The Dude Diet* is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, *The Dude Diet Dinnertime* gives those same hungry dudes—and their families—dozens of drool-worthy main course dishes. In *The Dude Diet Dinnertime*, Serena gives you 125

foolproof recipes to satisfy every craving and please every member of the family. With soon-to-be classics like Super Sloppy Josés, Turkey Reuben Patty Melts, Chicago Dog Baked Potatoes and Chicken Parm Quinoa Bake, Serena shows comfort food fanatics and picky eaters alike how to get a delicious, nutritious, and filling dinner on the table without a fuss—and sometimes in 30 minutes flat. With easy-to-follow, step-by-step instructions, gorgeous food photography, and Serena's one-of-a-kind voice and humor, *The Dude Diet Dinnertime* offers a fun and utterly satisfying answer to the eternal question: What's for dinner?

[Bird Brain](#) - Chuck Mullin 2020-05-28

When Chuck Mullin began to suffer from anxiety and depression aged seventeen, she turned to drawing comics as a way to make sense of her experience. She soon found that pigeons were the perfect subjects through which to explore the complexities of living with mental illness, and several years later, her funny, quirky birds have won legions of fans online. From *Bad Times* to *Positivity*, the comics in *Bird Brain* use humour to provide a glimpse of what's going on in Chuck's head: dissociative episodes; cycles of anxiety; her struggle to accept she's not alone; and the power of optimism on the days it's possible.

Grab Life by the Balls - Loryn Brantz 2019-10-08

Follow along with *The Good Advice Cupcake* as she doles out razor-smart, hilarious, and shocking advice on everything from career goals to falling in love! *The Good Advice Cupcake* -- or *Cuppy*, to those in the know -- may be cute, but she's not afraid to grab life by the balls! In this charming gift book, *Cuppy* shares her tried-and-true wisdom on everything from love and money, to self-care and fashion, to career and happiness, and the crazy, sticky things in between -- all the while managing to look completely adorable and delicious. Whether she's advising you to take more naps or fit cheese into your diet, you don't want to miss a minute of advice from everyone's favorite sassy cupcake.

[Broetry](#) - Brian McGackin 2011-07-05

As contemporary poets sing the glories of birds and birch trees, regular guys are left scratching their heads. Who can speak for Everyman? Who will articulate his love for Xbox 360, for Mama Celeste's frozen pizza, for the cinematic oeuvre of Bruce Willis? Enter *Broetry*—a stunning debut from a dazzling new literary voice. "Broet Laureate" Brian McGackin goes where no poet has gone before—to Star Wars conventions, to frat parties, to video game tournaments, and beyond. With poems like "Ode to That Girl I Dated for, Like, Two Months Sophomore Year" and "My Friends Who Don't Have Student Loans," we follow the Bro from his high school graduation and college experience through a "quarter-life crisis" and beyond.

[Buff Dudes Superhero Plan](#) - Hudson White 2019-11-28

Fitness and food guidebook detailing exercises, eating plans and workout routines to help you attain a superhero physique.

[Cookbook Book](#) - Annahita Kamali 2014-11-03

Over 100 of the most beautiful, influential and informative cookbooks of the past 300 years. Compiled by a panel of experts in the fields of art, design, food and photography, *Cookbook Book* is an opus celebrating cookbooks of all shapes, sizes, languages and culinary traditions. From tried-and-true classics such as *Larousse Gastronomique* and *Mastering the Art of French Cooking* by Julia Child to surprising quirky choices such as *The Mafia Cookbook* and *The Hawaiian Cookbook*, each of these cookbooks has shaped, influenced or revolutionized home-cooking in its own way. Includes translations and full recipes. The book features stand out, gorgeous photography and is essential for any collector of vintage cookbooks or for those that love food history.