

# The Big Fat Activity Book For Pregnant People Big Activity Book

A Big Fat Enormous Lie Artful Math Activity Book The Unplugged Family Activity Book My Big Fat Zombie Goldfish The Sh!t No One Tells You Feminist Activity Book Pregnancy Adult Coloring Book Big Fat Hen Everything You Need to Ace Chemistry in One Big Fat Notebook First-Time Mom's Pregnancy Activity Book The Usborne Little Children's Activity Book The Big Activity Book for Digital Detox Drinking for Two Carrying On The Big Fat Activity Book for Pregnant People The China Study Everything You Need to Ace Computer Science and Coding in One Big Fat Notebook The Very Hungry Pregnant Lady The Big Fat Activity Book for Pregnant People Big Fat Lies The Comic Strip Big Fat Book of Knowledge Porn for New Moms The Big Activity Book for Anxious People Everything You Need to Ace Geometry in One Big Fat Notebook The Bump Book of Lists for Pregnancy and Baby Seriously WTF Is Wrong with Men Everything You Need to Ace Science in One Big Fat Notebook Everything You Need to Ace American History in One Big Fat Notebook Boss Babes The Computer Science Activity Book The Big Fat Activity Book for Pregnant People Junie B. Jones Is Eat Rich, Live Long My First Wild Activity Book Ramshackle Glam To Pee or Not to Pee Commute The Fifth Trimester Fortune-Telling Book for Moms-to-Be Everything You Need to Ace Math in One Big Fat Notebook

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## **A Big Fat Enormous Lie**

From the editors of Brain Quest, America's #1 educational bestseller! This Big Fat Notebook makes it all “sink in” with key concepts, mnemonic devices, definitions, diagrams, and doodles to help you understand computer science. Including: Computing systems Binary code Algorithms Computational thinking Loops, events, and procedures Programming in Scratch and Python Boolean Expressions Web development Cybersecurity HTML CSS ...and more! The Big Fat Notebook series is built on a simple and irresistible conceit—borrowing the notes from the smartest kid in class. Each book in the series meets Common Core State Standards, Next Generation Science Standards, and state history standards, and are vetted by National and State Teacher of the Year Award-winning teachers. They make learning fun and are the perfect next step for every kid who grew up on Brain Quest.

## **Artful Math Activity Book**

A humorous guide for new mothers on caring for infants offers advice on the unpleasant aspects of parenting, including birthing without drugs, handling the volumes of waste babies create, and dealing with sleep deprivation.

## **The Unplugged Family Activity Book**

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It's the revolutionary science study guide just for middle school students from the brains behind Brain Quest. Everything You Need to Ace Science . . . takes readers from scientific investigation and the engineering design process to the Periodic Table; forces and motion; forms of energy; outer space and the solar system; to earth sciences, biology, body systems, ecology, and more. The BIG FAT NOTEBOOK™ series is built on a simple and irresistible conceit—borrowing the notes from the smartest kid in class. There are five books in all, and each is the only book you need for each main subject taught in middle school: Math, Science, American History, English Language Arts, and World History. Inside the reader will find every subject's key concepts, easily digested and summarized: Critical ideas highlighted in neon colors. Definitions explained. Doodles that illuminate tricky concepts in marker. Mnemonics for memorable shortcuts. And quizzes to recap it all. The BIG FAT NOTEBOOKS meet Common Core State Standards, Next Generation Science Standards, and state history standards, and are vetted by National and State Teacher of the Year Award–winning teachers. They make learning fun, and are the perfect next step for every kid who grew up on Brain Quest.

### **My Big Fat Zombie Goldfish**

The Computer Science Activity Book is the perfect companion for curious youngsters and grown-ups - especially those who think they'll never understand how computers work. As readers work their way through this collection of fun and innovative hands-on exercises, they'll learn the core programming concepts and computer terminology that form the foundation of a STEM education.

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## **The Sh!t No One Tells You**

Download and print this adult coloring book. Pregnancy coloring book for adults celebrating the joys of pregnancy and motherhood.

## **Feminist Activity Book**

Big Fat Hen counts to ten with her friends and all their chicks. On board pages.

## **Pregnancy Adult Coloring Book**

"Funny as hell."--Amy Morrison, founder of Pregnant Chicken The ultimate must-have for any mom-to-be with a sense of humor: an irreverent, laugh-out-loud activity book filled with quizzes, mazes, fill-in-the-blanks, journaling pages, and hysterical musings on what pregnancy is really like. Baby shower gifts don't get more perfect than this. · Word finds: Sorry, Nope (all the stuff you're not allowed to have anymore); Bad Baby Names (Murl, anyone?) · Mazes: Make it from Your Desk to the Bathroom Without Throwing Up · Lists: How to Register Without Crying; Things Every OB on the Planet Has Been Asked by Newly Pregnant Women · Journaling: Yoga Teachers (Also Your Mom Friends, Your Parents, People on Facebook, All Articles, and Everyone You Meet) Want to Tell You How to Give Birth, But You Don't Have to Listen · Quizzes: Which \$1500 Stroller is Different? "Comfort, solidarity, entertainment, and

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maybe even total life enlightenment."--Lauren Smith Brody, founder of The Fifth Trimester

### **Big Fat Hen**

From the #1 website and lifestyle destination for pregnant women and new moms, TheBump.com, this portable paperback offers every list, every question to ask, and tip that moms-to-be need to plan and prepare for baby's arrival. TheBump.com is the most trusted site for moms-to-be and new mothers, and now, Carley Roney and the editors of The Bump present the essential collection of checklists, timelines, and other organizational tools for the nine months before, and the weeks right after, baby's birth. The Bump Book of Baby Lists covers the practical and fun details of every month of pregnancy, including the questions to ask your doctor, what you need for the nursery, how to set up a birth plan, and more. With lines for jotting notes on the go, this portable paperback travels everywhere with the parents-to-be, making the what-to-do, how, and when of pregnancy planning much less stressful.

### **Everything You Need to Ace Chemistry in One Big Fat Notebook**

For women who are trying to conceive, pregnant, or breastfeeding, Drinking for Two provides 45+ delicious, plant-based mocktail recipes carefully crafted to deliver essential nutrients and antioxidants, and target common pregnancy symptoms, all leading to a healthy pregnancy.

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### **First-Time Mom's Pregnancy Activity Book**

Frustrated that your busy schedule of Smashing the Patriarchy doesn't include arts and crafts? Hoping to avenge yourself on phallic-shaped objects like colored pencils? Look no further than *The Feminist Activity Book*! It has everything you need to usher in an era of gender-equal prosperity. Featuring such activities as Feminist All-Star Trading Cards, Birth Control Bingo, How to Mix the Perfect Womanhattan, or Anti-Sexism Merit Badges, *The Feminist Activity Book* will fuel your feminist rage and bring you one step closer to an egalitarian utopia, or whatever.

### **The Usborne Little Children's Activity Book**

Drawn from her blog of the same name, this entertaining guide, which is part memoir, part-commiseration, and part how-to, shows new moms how to care for themselves post-partum to feel a little more like their glam former selves, while still being the best mommy they can be. Original.

### **The Big Activity Book for Digital Detox**

Get ready for kid-approved ideas that celebrate the great outdoors year round! Whether you're building forts or making fresh cider, there's something for every kid and every season. What might unfold if we put away our devices for an hour, a day, or even longer? What adventures

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await, when we press pause on technology? The Unplugged Family Activity Book invites you and your loved ones to connect, create, and celebrate all year long. With more than 50 projects, crafts, and recipes, plus ideas for seasonal celebrations to share with family and friends, there's fun to be had, all through the year. Host a springtime tea party, where you'll nibble shortbread cookies and make a mossy teacup fairy garden. Or gather with friends for a summer potluck party. Blow giant bubbles, race leaf-and-bark boats, or camp out in your own backyard. In the fall, enjoy a harvest party with your friends! Create a fall leaf rainbow, sip mulled cider, and bake bread over a campfire. When winter comes, celebrate the longest night of the year with twinkling ice lanterns. Try your hand at candle dipping and pen your wishes for the coming year. You'll find instruction and recipes for: Candied violets Herbal first aid balm Rose petal tea Infused honey Homemade ice cream Summer flower bunting Homemade dragonfly wings Felted acorn necklaces Autumn gratitude tree Decorative lanterns Baked apples Winter stargazing Maple lollipops Dried citrus garland Plus dozens more crafts, projects, and recipes! In The Unplugged Family Activity Book, you'll fall in love with every season—wherever you call home. So grab your family and friends, and get ready for an adventure that will last all through the year!

### **Drinking for Two**

Provides comic-illustrated introductions to a wide variety of subjects, from the microscopic world and the mythologies that shaped world cultures to the evolution of the planet and the secrets of the known universe.

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## Carrying On

Chemistry? No problem! This Big Fat Notebook covers everything you need to know during a year of high school chemistry class, breaking down one big bad subject into accessible units. Learn to study better and get better grades using mnemonic devices, definitions, diagrams, educational doodles, and quizzes to recap it all. Including: Atoms, elements, compounds and mixtures The periodic table Quantum theory Bonding The mole Chemical reactions and calculations Gas laws Solubility pH scale Titrations Le Chatelier's principle and much more!

## The Big Fat Activity Book for Pregnant People

It's the revolutionary American history study guide just for middle school students from the brains behind Brain Quest. Everything You Need to Ace American History . . . covers Native Americans to the war in Iraq. There are units on Colonial America; the Revolutionary War and the founding of a new nation; Jefferson and the expansion west; the Civil War and Reconstruction; and all of the notable events of the 20th century—World Wars, the Depression, the Civil Rights movement, and much more. The BIG FAT NOTEBOOK™ series is built on a simple and irresistible conceit—borrowing the notes from the smartest kid in class. There are five books in all, and each is the only book you need for each main subject taught in middle school: Math, Science, American History, English Language Arts, and World History. Inside the reader will find every subject's key concepts, easily digested and summarized: Critical ideas

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highlighted in neon colors. Definitions explained. Doodles that illuminate tricky concepts in marker. Mnemonics for memorable shortcuts. And quizzes to recap it all. The BIG FAT NOTEBOOKS meet Common Core State Standards, Next Generation Science Standards, and state history standards, and are vetted by National and State Teacher of the Year Award-winning teachers. They make learning fun, and are the perfect next step for every kid who grew up on Brain Quest.

### **The China Study**

A hilarious, relatable twist on how to disconnect from our devices, with illustrated laugh-out-loud activities and journaling prompts. Deep down, you know it's true: you could benefit from disconnecting from the internet and reconnecting with the world around you. Part journal, part coloring book, part advice on how to take a break, The Big Activity Book for Digital Detox will be an outlet for anyone who wants to laugh through the ridiculousness of the digital age and remember how to be a human--because it's definitely not going to happen when you're awake at 1:00 a.m. reading yet another listicle. Activities include: - Craft with your obsolete iPhone cords - 10 things to do outside right now - Color in the influencer who is so grateful for you guys - Lies the internet tells you - Why gardening is a thing you should try When you're longing for freedom from your devices, dig out a pen and turn to the pages of this timely, entertaining book--and don't post a picture anywhere #retro.

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### **Everything You Need to Ace Computer Science and Coding in One Big Fat Notebook**

This book is filled with mixed activities to keep little children happy and occupied on holiday, on journeys and at home. Contains lots of puzzles, drawing, colouring, dot-to-dots, mazes, spot the difference and so on.

### **The Very Hungry Pregnant Lady**

A lighthearted parody of Eric Carle's much-loved classic *The Very Hungry Caterpillar*, *The Very Hungry Pregnant Lady* tackles the mysteries faced by pregnant women everywhere—namely, how can I have so little space for my stomach and yet be hungry all the time? And is it better to try unsuccessfully to sleep, or just give in and have another snack? Pairing playful text with bright, colorful images, *The Very Hungry Pregnant Lady* is both a send-up and a celebration of this strange, ridiculous, and exciting time in the lives of all mothers-to-be.

### **The Big Fat Activity Book for Pregnant People**

Features photographs of dads getting up for 3 am feedings, skipping golf to bond with the wee one, stocking the freezer with homemade baby food, changing every single nappy and complimenting mum's all-sweatpants wardrobe.

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## **Big Fat Lies**

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, *The Fifth Trimester* is packed with honest, funny, and comforting advice from 800 moms, including:

- The boss-approved way to ask for flextime (and more money!)
- How to know if it's more than “just the baby blues”
- How to pump breastmilk on an airplane (or, if you must, in a bathroom)
- What military science knows about working through sleep deprivation
- Your new sixty-second get-out-of-the-house beauty routine
- How to turn your commute into a mini-therapy session
- Your daycare tour or nanny interview, totally decoded

## **The Comic Strip Big Fat Book of Knowledge**

A playful and play-filled ode to strong women, *BOSS BABES* is a coloring and activity book filled with fun facts and whimsical black-and-white line drawings celebrating female powerhouses from Beyonce to Ruth Bader Ginsburg, Dolly Parton to Malala, Tina Fey to Serena Williams. On every page is a portrait to color or an activity to complete: Connect the dots to conjure J.K. Rowling's patronus. Complete the Beyonce crossword (12-DOWN: Who run the world?). Decorate Flo-Jo's nails, decode Cher's most recent tweet, design a new jabot for RBG, color in Frida Kahlo's flowers, and more!

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## **Porn for New Moms**

Geometry? No problem! This Big Fat Notebook covers everything you need to know during a year of high school geometry class, breaking down one big bad subject into accessible units. Learn to study better and get better grades using mnemonic devices, definitions, diagrams, educational doodles, and quizzes to recap it all. Featuring: Logic and reasoning Parallel lines Triangles and congruence Trapezoids and kites Ratio and proportion The pythagorean theorem The fundamentals of circles Area Volume of prisms and cylinders And more

## **The Big Activity Book for Anxious People**

"Reid & Williams are "funny as hell."--Amy Morrison, founder of Pregnant Chicken Feeling anxious? Who isn't! Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book. These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, The Big Activity Book for Anxious People will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right "Bob" on that email. (Probably.) Activities include: \* Fun Facts about Aging! \* Public Speaking: A Diagram \* Your Hotel Room Carpet: A Petri Dish of Horrors \* Obscure Diseases You Probably Don't Have \* Zen Mantras For The

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Anxiously Inclined \* Soothing Facts about Hand Sanitizer On a bad day, try coloring in the soothing grandma. On a really bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. (They know, because they are two of them.)"--

### **Everything You Need to Ace Geometry in One Big Fat Notebook**

Offers a plan for metabolic fitness while debunking height-weight tables, fat consumption, yo-yo dieting, exercise, and the relationship between health and obesity.

### **The Bump Book of Lists for Pregnancy and Baby**

The latest addition to the best-selling Fortune-Telling series (450,000 copies sold), this gift book for expectant mothers divines the secrets about the baby they carry. From determining the baby's sex and temperament to decoding dreams and omens associated with pregnancy, this little book is a perfect way for moms-to-be and baby shower guests to consult with the cosmos.

### **Seriously WTF Is Wrong with Men**

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A hilarious illustrated meditation on the question that runs through the mind of every woman who cohabitates with--or simply enjoys the company of--the opposite sex: Seriously, WTF is wrong with men? If you've ever laid awake at night wondering why the man in your life seems physically incapable of moving a two-pound laundry basket 45 degrees in order to accurately deposit a pair of dirty socks (#literallywhy), you'll find succor in this lighthearted--but smart and savvy--collection of all those little stories that women share about their dudes. From WTFs throughout history (like how Attila the Hun was so in love with his bride-to-be that he felt the need to destroy Italy en route to picking her up), to WTFs at home (Your Husband Put the Baby to Sleep: What's Wrong with This Picture?), to WTFs in the wild (Manspreading: A Diagram), Seriously WTF offers a compilation of positively eye-rolling conversations, illustrations, anecdotes, e-mails, text messages, and miscellany that will make women everywhere think, Yup. That.

## Everything You Need to Ace Science in One Big Fat Notebook

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

## **Everything You Need to Ace American History in One Big Fat Notebook**

“When you find out that you’re pregnant, you might be nervous. I certainly was, mostly because I didn’t know anything, and I wanted to know it all. Right now.” In *Carrying On*, lifestyle blogger Jordan Reid weaves real-world fashion, beauty, home décor, and entertaining advice into a candid account of what pregnancy (and new parenthood) is really like. Fearlessly taking on topics that every mom-to-be wrestles with, including judgment from peers (and total strangers), relationship upheavals, intimacy issues, and the greatest worry of all—can you ever truly be “ready” for a change as big as a baby?—*Carrying On* is a must-read for any woman looking for a humorous (and sometimes heartbreaking) account of what life is like when you’re waiting for your new one to start.

## **Boss Babes**

THE PERFECT GIFT FOR MUMS-TO-BE WITH A SENSE OF HUMOUR. Part diary, part colouring book, and part brutally honest (and hysterically funny) collection of advice, this is for the new mother who wants to chill out, laugh her face off, and realise with every page that she is not alone. Two stars of the lifestyle and parenting blogosphere invoke the mindless fun and nostalgic appeal of an old-school activity book in this irreverent, laugh-out-loud twist on the traditional baby journal, with illustrated activities, lists, essays, and musings on what pregnancy is really like. - Wordsearches: Nope, Sorry (All the Stuff You're Not Allowed to Have Anymore);

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Bad Baby Names - Mazes: Make it from Your Desk to the Bathroom Without Throwing Up - Lists: How to Baby Shop Without Crying - Advice: Yoga Teachers (Also Your Mum Friends, Your Parents, People on Facebook, All Articles, and Everyone You Meet) Want to Tell You How to Give Birth, But You Don't Have to Listen - Quizzes: Stop: Labour Time!

### **The Computer Science Activity Book**

Give your pregnancy brain a break with this ultimate collection of funny activities, entertaining games, and surprising trivia all about the joys of growing a human just above your bladder—a perfect baby shower gift for moms-to-be! Being pregnant is a miracle and a gift, but let's be real, sometimes it just plain sucks. Take a seat and give yourself (and your swollen feet) a break with the coloring pages, crosswords, word tumbles, mazes, journal prompts, and much more inside the charming, hilarious, and utterly irreverent activity book written specifically for expectant mothers. Inside, you'll find activities like: - Morning sickness word searches - Mazes for avoiding the strangers in the grocery store who want to touch your belly - BYO terrible pregnancy advice - Personalized Mad Libs - Stress-busting coloring fun - And more. . . Whether you're looking for yourself or for the perfect baby shower gift, there's something for every preggo mom-to-be in this snarky, sassy, and (surprisingly) informative adult activity book.

### **The Big Fat Activity Book for Pregnant People**

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An empty cookie jar and a small boy with a problem lead to one big fat enormous lie.

## **Junie B. Jones Is**

When Tom's big brother decides to become an Evil Scientist, his first experiment involves dunking Frankie the goldfish into toxic green gunk. Tom knows that there is only one thing to do: Zap the fish with a battery and bring him back to life! But there's something weird about the new Frankie. He's now a BIG FAT ZOMBIE GOLDFISH with hypnotic powers . . . and he's out for revenge!

## **Eat Rich, Live Long**

Games, activities, and advice to get a first time mom to the big day Your first pregnancy probably has you feeling excited and maybe a little nervous. The First-Time Mom's Pregnancy Activity Book is a fun collection of 100 creative puzzles, exercises, writing prompts, and advice to support any first time mom and help you stay positive as you prepare for motherhood. Featuring everything from coloring book pages and crossword puzzles, to tips for diet, exercise, and preventing morning sickness, this guide for any first time mom will keep you entertained, help you record how you feel, and give you the tools to take on parenthood with confidence and good humor. The First-Time Mom's Pregnancy Activity Book includes: More than a journal--Unlike a classic journal, the activities in this book are quick, light, and helpful,

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so you can do them anytime. Your ultimate companion--Lists and questions will get any first time mom started on things like finding a doctor or hospital, and what to ask your OBGYN. Fun for each trimester--This book is organized into three trimesters and includes a section on childbirth, so the activities and advice will progress along with your pregnancy right up until your baby has arrived. If you're a first time mom, this book gives you 100 ways to stay sane and get ready for your bundle of joy.

### **My First Wild Activity Book**

Become an explorer and meet wild animals from all around the world in this action-packed activity book! Become an explorer and meet wild animals from all around the world in this action-packed activity book. There are seven different habitats to discover, from the rain forest to the polar ice, and a wide variety of activities to complete along the way, including coloring, dot-to-dots, doodles, and mazes—get ready for hours of wild animal fun!

### **Ramshackle Glam**

Too bad Junie B. Jones wasn't picked to be the flower girl in her aunt Flo's wedding--but surely she can still find a way to get everyone's attention!

### **To Pee or Not to Pee**

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An intimate, clever, and ultimately gut-wrenching graphic memoir about the daily decision women must make between being sexualized or being invisible In *Commute*, we follow author and illustrator Erin Williams on her daily commute to and from work, punctuated by recollections of sexual encounters as well as memories of her battle with alcoholism, addiction, and recovery. As she moves through the world navigating banal, familiar, and sometimes uncomfortable interactions with the familiar-faced strangers she sees daily, Williams weaves together a riveting collection of flashbacks. Her recollections highlight the indefinable moments when lines are crossed and a woman must ask herself if the only way to avoid being objectified is to simply cease to draw any attention to her physical being. She delves into the gray space that lives between consent and assault and tenderly explores the complexity of the shame, guilt, vulnerability, and responsibility attached to both.

## **Commute**

The wonderful thing about mathematical art is that the most beautiful geometric patterns can be produced without needing to be able to draw, or be 'good at art'. Mathematical art is accessible to learners of all ages: its algorithmic nature means that it simply requires the ability to follow instructions carefully and to use a pencil and ruler accurately. It is engaging, enriching, thoroughly enjoyable and is a great leveller in the classroom. Learners who may not normally shine in mathematics lessons will take your breath away with their creativity. Those who struggle with their mathematics will experience the joy of success through their mathematical art-making. The six Artful Maths activities in this book are hands-on tasks that

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will develop important skills such as hand-eye co-ordination, manual dexterity and design thinking, which is a valuable form of problem-solving. Decisions need to be made about placement, size and colour, all of which entail thinking about measurements, proportions and symmetry. They can be undertaken alone or with a teacher to draw out the mathematics underlying the patterns and to practice key content in the school curriculum. For ages 9 to 16+. Contents: Curves of Pursuit, Mazes and Labyrinths, Impossible Objects, Epicycloids, Perfect Proportions, Parabolic Curves.

### **The Fifth Trimester**

It's the revolutionary math study guide just for middle school students from the brains behind Brain Quest. Everything You Need to Ace Math . . . covers everything to get a student over any math hump: fractions, decimals, and how to multiply and divide them; ratios, proportions, and percentages; geometry; statistics and probability; expressions and equations; and the coordinate plane and functions. The BIG FAT NOTEBOOK™ series is built on a simple and irresistible conceit—borrowing the notes from the smartest kid in class. There are five books in all, and each is the only book you need for each main subject taught in middle school: Math, Science, American History, English Language Arts, and World History. Inside the reader will find every subject's key concepts, easily digested and summarized: Critical ideas highlighted in neon colors. Definitions explained. Doodles that illuminate tricky concepts in marker. Mnemonics for memorable shortcuts. And quizzes to recap it all. The BIG FAT NOTEBOOKS meet Common Core State Standards, Next Generation Science Standards, and state history

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standards, and are vetted by National and State Teacher of the Year Award–winning teachers. They make learning fun and are the perfect next step for every kid who grew up on Brain Quest.

### **Fortune-Telling Book for Moms-to-Be**

"Funny as hell."—Amy Morrison, founder of Pregnant Chicken The ultimate must-have for any mom-to-be with a sense of humor: an irreverent, laugh-out-loud activity book filled with quizzes, mazes, fill-in-the-blanks, journaling pages, and hysterical musings on what pregnancy is really like. Baby shower gifts don't get more perfect than this. · Word finds: Sorry, Nope (all the stuff you're not allowed to have anymore); Bad Baby Names (Murl, anyone?) · Mazes: Make it from Your Desk to the Bathroom Without Throwing Up · Lists: How to Register Without Crying; Things Every OB on the Planet Has Been Asked by Newly Pregnant Women · Journaling: Yoga Teachers (Also Your Mom Friends, Your Parents, People on Facebook, All Articles, and Everyone You Meet) Want to Tell You How to Give Birth, But You Don't Have to Listen · Quizzes: Which \$1500 Stroller is Different? "Comfort, solidarity, entertainment, and maybe even total life enlightenment."—Lauren Smith Brody, founder of The Fifth Trimester

### **Everything You Need to Ace Math in One Big Fat Notebook**

You can take control of your health, lose weight, prevent disease, and enjoy a long and healthy

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life. The unique nutritional program outlined in *Eat Rich, Live Long* is designed by experts to help you feel great while you eat delicious and satisfying foods. Millions of people have gotten healthy through low-carb plans over the years--and a growing number have discovered the wonderful benefits of ketogenic (Keto) nutrition. Many are confused, though, about how low-carb they should go. Now, *Eat Rich, Live Long* reveals how mastering the low-carb/Keto spectrum can maximize your weight loss and optimize your health for the long term. In this book, Ivor Cummins, a world-class engineer and technical master for a huge global tech corporation, and Dr. Jeff Gerber, a family doctor who is widely regarded as a global leader in low-carb nutrition, team up to present their unique perspectives from their extensive clinical, medical, and scientific/research experience. Together, Cummins and Gerber crack the code that shows you how to eat the foods you enjoy, lose weight, and regain robust health. They reveal how the nutritional "experts" have gotten it so wrong for so long by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL as the villains. In fact, as the authors reveal by drawing on the latest peer-reviewed global research, eating a high percentage of natural fats, a moderate amount of protein, and a low percentage of carbs can help you lose weight, prevent disease, satisfy your appetite, turn off your food cravings, and live longer. The heart of *Eat Rich, Live Long* is the book's prescriptive program, which includes a 7-day eating plan, a 14-day eating plan, and more than 50 gourmet-quality low-carb high-fat recipes -- illustrated with gorgeous full-color photographs -- for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-carb never tasted so good! Nutritional sacred cows are constantly being challenged in the media. How much fat should we eat -- and which kinds of fats are best? Which fats can contribute to diabetes, heart disease, and early mortality?

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Does a high-protein diet increase muscle mass and lead to vigorous health -- or can it promote aging, cancer, and early mortality? Which vitamins and minerals should we be taking, if any? How do we change our metabolism so that our bodies burn fat instead of all the sugars we consume? Does intermittent fasting really work? Eat Rich, Live Long lays out the truth based on the latest scientific research. Eat Rich, Live Long will change the way you look at eating. Meanwhile you will lose weight – and look and feel great.

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