

Discover Downloadable Titles in the Library That Never Closes

# Kentucky Libraries Unbound



Presented by  
State Library Services  
KY Department for Libraries & Archives

# Agenda

- KLU Overview
- Technicalities
- Finding Titles
- Borrowing
- Downloading



# KLU Overview



# Kentucky Libraries Unbound

- What is Kentucky Libraries Unbound?
  - KLU is a group of Kentucky libraries that share electronic resources. Kentucky Libraries Unbound offers downloadable material through a company called Overdrive 24/7, anytime, anywhere.
- What is available in Kentucky Libraries Unbound?
  - KLU contains eBooks, eAudiobooks, and magazines for both adults and kids. Items can be checked out for up to 21 days. Item renewal is available if no holds are on the item. At the end of the loan period, titles expire and are automatically "returned." You can check out up to 20 titles at a time and place up to 20 holds.
- Are there any restrictions on using my State Library account with KLU?
  - Check with your supervisor and agency's IT Dept. and their policy before using Kentucky Libraries Unbound on state owned equipment. If you are downloading to a personal device, there are no restrictions.

# New Library Account Number?

The screenshot shows the website for the Kentucky Department for Libraries and Archives. At the top left is the 'Ky.gov' logo with the text 'An Official Website of the Commonwealth of Kentucky'. A search bar is located at the top right. The main header features the department's logo and name. Below this is a navigation bar with tabs for 'Librarians', 'Archivists', 'Researchers', 'State Employees', and 'Records Management'. A dropdown menu is open under 'State Employees', listing various services. The item 'KDLA WorldCat Discovery' is circled in red. Below the menu, there is a photo of a woman wearing headphones, with a caption identifying her as George Ella Lyon in a recording studio. A section titled 'Upcoming Events' lists dates for Labor Day, Presidential Election, Veterans Day, and Thanksgiving. Social media icons for Pinterest, Twitter, and Instagram are visible at the bottom right of the page.

Ky.gov An Official Website of the Commonwealth of Kentucky

Search

Kentucky Department for Libraries and Archives

Librarians Archivists Researchers State Employees Records Management

State Employees  
Ask a Librarian  
Research Databases  
Training Events Calendar for State Employees  
Archived Training Sessions  
Library Account Application  
Collections  
Downloading Audiobooks and Ebooks  
Technology Training for State Employees  
Resource Lists  
Kentucky State Publications  
**KDLA WorldCat Discovery**

DLA

Photo caption: George Ella Lyon in the recording studio.

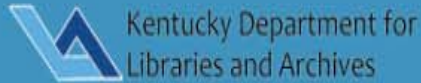
Upcoming Events

- Sep 05 - Labor Day
- Nov 08 - Presidential Election
- Nov 11 - Veterans Day
- Nov 24 - Thanksgiving
- Nov 25 - Thanksgiving

DLA

**kdla.ky.gov**

# Setting a KDLA Password



Sign in

Advanced Search Resources ▾

🔍 Search history ★ Saved Items (0)

Search Kentucky Department for Libraries and Archives and beyond



Search

[Advanced Search](#)



# Setting a KDLA Password



Kentucky Department for  
Libraries and Archives

SIGN IN

KDLA Library Acco...

KDLA Library Account Number

Password\*

SIGN IN

SET/RESET PASSWORD

CANCEL



# Setting a KDLA Password

Kentucky Department for Libraries and Archives



Kentucky Department for  
Libraries and Archives

## Request New Password

Enter your KDLA Library Account number (barcode) below. You will receive an email to reset your account. Use KDLA Library Account number (barcode) for "user name". For help, contact KDLA Ask-a-Librarian ([kdlareferencedesk@ky.gov](mailto:kdlareferencedesk@ky.gov), 502-564-8306).

**REQUEST NEW PASSWORD**





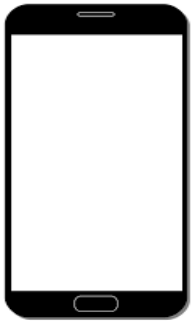
# Technicalities

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light to dark. These shapes are primarily located on the right side and bottom of the frame, creating a modern, technical aesthetic.

# Internet Connections

- Most devices are 4G and/or Wi-Fi capable. If your device is, you will be able to download material directly to your device.
- Devices without Wi-Fi or 4G capability will need to be connected to your desktop computer or laptop via a USB cable for download.
- Wi-Fi requires an internet connection and router.
- 4G will require a monthly fee to a network provider, such as Verizon or AT&T, but can be used anywhere you can get a signal.  
5G coming soon?

# Devices



# Digital Formats

EPub	Kindle	PDF	Overdrive Read/ <i>Listen</i>
Can be read with the Overdrive app on mobile devices	Can be read on any Kindle device or Kindle reading app	Can be read using ADE app/software	Can read/listen in browser
Computers require Adobe Digital Editions software		Cannot be read on the Overdrive app	Progress & bookmarks stored in cloud
<p><i>Open EPub</i> - Can be downloaded to any reading app</p> <p><i>Adobe EPub</i> - Protected by Adobe's DRM system</p>		<p><i>Open PDF</i> - can be read in web browser or other reading apps</p> <p><i>Adobe PDF</i> - Protected by Adobe's DRM system</p>	Need Internet connection to read/listen in browser, unlike downloaded material
EPub books auto adjust to fit screen/change display options		Typically used for graphic novels, illustrated eBooks, textbooks	<i>MP3 - audiobooks-most popular audio format-downloads to device</i>

# What App?



Adobe Digital Editions



Overdrive's Libby  
[libbyapp.com](http://libbyapp.com)



Overdrive



Amazon's Kindle

# Downloading Apps



## Switching to Libby from the OverDrive app

### Getting started

#### — What devices can I use with Libby?

You can download the Libby app on your mobile device or use Libby in your computer's web browser.

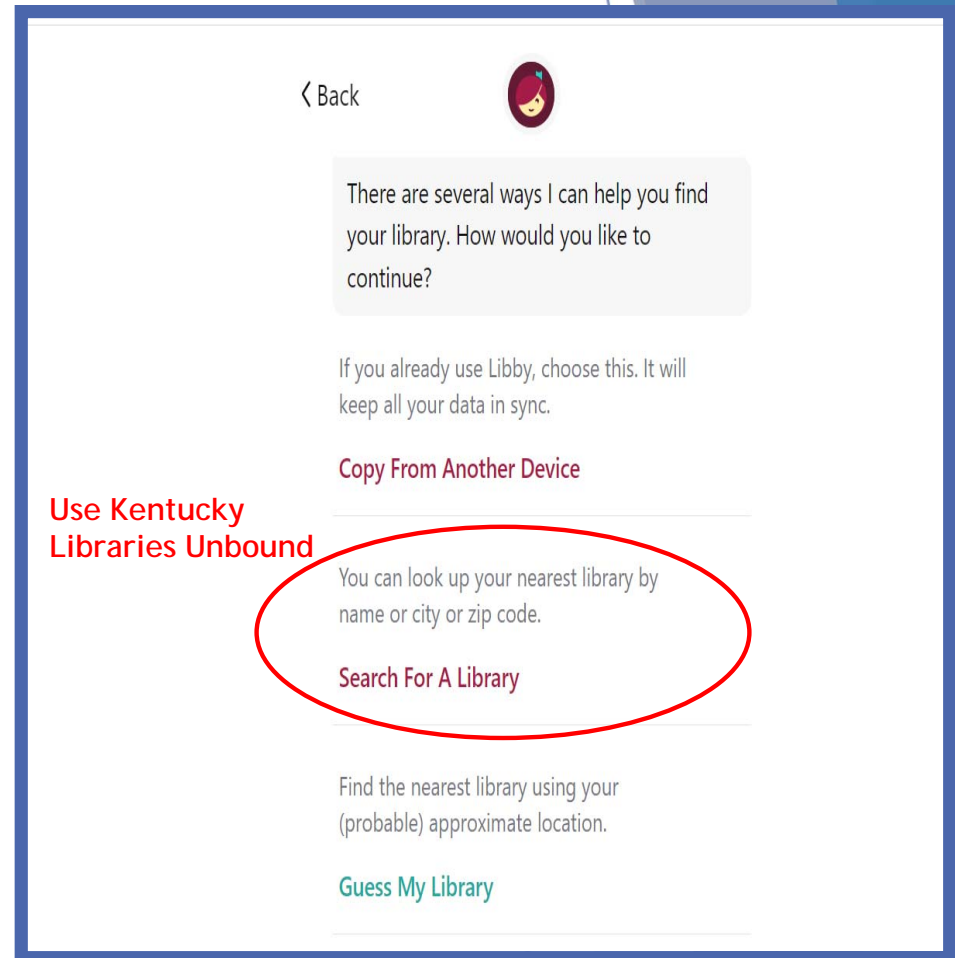
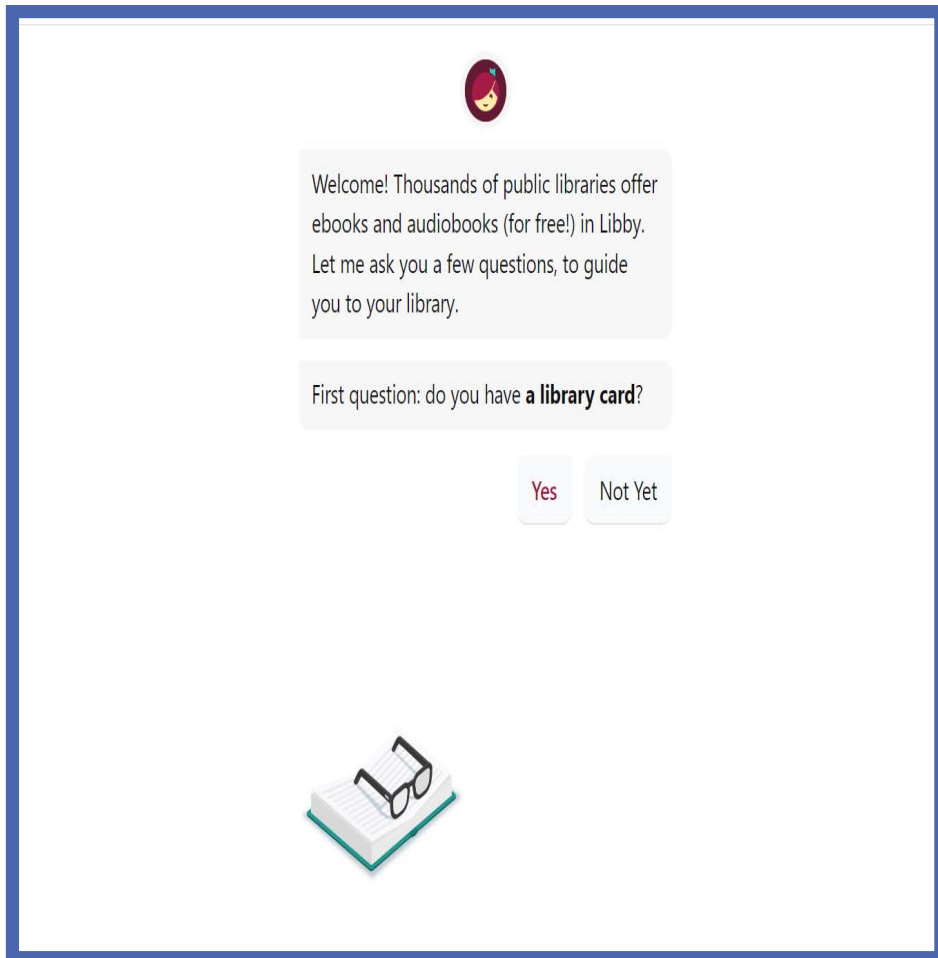
You can download Libby on:

- iOS 10+ (get it from the [Apple App Store](#))
- Android 5.0+ (get it on [Google Play](#))
- Fire OS 5+ (get it directly from [OverDrive, the developers of Libby](#))

Kindle tablets

If you have a Windows computer, Mac computer, or a Chromebook, you can use Libby in your web browser at [libbyapp.com](#). We suggest using the latest version of Chrome, Safari, Firefox, or Edge.

# Libby App



# Libby App



newest ↕

popular ↕

random ↕

available now 122k

subjects 159



Add a library card for **Kentucky Libraries Unbound** so you can borrow titles and place holds.

[Sign In With My Card](#)

[I Would Like A Card](#)





# More on the Libby Switch

- ▶ What happens to my holds and checked-out items when switching?
  - ▶ The items you have on hold or have checked-out in OverDrive will appear in Libby.
- ▶ What about my reading history?
  - ▶ You can export your reading history from the OverDrive App to save it, but you can't import it into the Libby App. Once you start using Libby, you can find your reading history from that point forward in your Timeline (clock icon).
- ▶ What about my wish lists?
  - ▶ If you created wish lists in the OverDrive app, you can automatically import them into Libby as a smart tag. You'll be prompted in Libby via an in-app notification to import your wish list.

# Finding Help

Kentucky Libraries Unbound  
eBooks • audiobooks • and more

Language ▾ Feedback Help

Subjects Collections ▾ Kindle Books Kids Magazines

Search 🔍 My account ▾

### National Novel Writing Month

SEE ALL

AVAILABLE	AVAILABLE	WAIT LIST	WAIT LIST	WAIT LIST	WAIT LIST
Scarlet by Marissa Meyer AUDIOBOOK	Water for Elephants by Sara Gruen AUDIOBOOK	Cress by Marissa Meyer AUDIOBOOK	Cinder by Marissa Meyer EBOOK	Something Strange and Deadly by Susan Dennard EBOOK	The Darwin Elevator by Jason M. Hough EBOOK
BORROW	BORROW	PLACE A HOLD	PLACE A HOLD	PLACE A HOLD	PLACE A HOLD

MENU

Borrow

YOUR LIBRARIES

Kentucky Libraries Unbound

Add Library Manage Cards

**HELP & SUPPORT**

Get Some Help

Take Our Survey

<https://kyunbound.overdrive.com>

# Overdrive's Help Page

## How can we help?

Search or browse in-depth help articles and videos on how to use OverDrive's award-winning ebook, audiobook, and film platforms.



**Libby.**

Our flagship app for borrowing ebooks, audiobooks, and magazines from your public library.

[Go to Libby Help](#)



**Sora**

Our app for schools, where students can access ebooks, audiobooks, and magazines.

[Go to Sora Help](#)



**kanopy**

Films that matter

Our streaming video app, where you can watch thousands of films through your public library or university.

[Go to Kanopy Help](#)



**OverDrive**

Our legacy app and library websites, where users borrowed digital content from their library or school.

[Go to OverDrive Help](#)

# Troubleshooting

Libby Help

English ▾

Search help articles



Welcome!

[Switching from the OverDrive app? Start here.](#)

Or, browse the categories below for help on specific topics.

## Help categories

- [Troubleshooting](#) >
- [Getting started](#) >
- [Devices, compatibility, and syncing](#) >
- [Libraries, cards, and PINs/passwords](#) >
- [Searching](#) >
- [Borrowing, renewing, and returning](#) >

# Finding Titles

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light to dark. These shapes are primarily located on the right side and bottom of the frame, creating a modern, layered effect.

# KLU's Home Page

Language ▾ | Feedback | Help

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Subjects | Collections ▾ | Kindle Books | Kids | Magazines

Search | Sign in

## BIG LIBRARY READ


Big Library Read connects readers around the world with the same book at the same time. Borrow *A Snake Falls to Earth* today through 16 November without any waitlists or holds.

[Join the book discussion](#)

Share your thoughts on social using [#biglibraryread](#) for a chance to win a BLR giveaway bag.

Also available as an audiobook >

**AVAILABLE**



**A Snake Falls to Earth** :  
by Darcie Little Badger  
EBOOK  
BORROW

<https://kyunbound.overdrive.com>

# Signing In



## Welcome!

Please sign in.

Select your library

- Jackson County Public Library
- Jessamine County Public Library
- John L. Street Library
- Johnson County Public Library
- Knox County Public Library
- KY Dept. for Libraries & Archives**
- LaRue County Public Library
- Laurel County Public Library



# Signing In



## Welcome!

Please sign in.

Select your library

KY Dept. for Libraries & Archives

You'll need to sign into this library on another website.

Sign in





# Takes You to KDLA's Sign-In Screen



Kentucky Department for  
Libraries and Archives

SIGN IN

---

KDLA Library Acco...

KDLA Library Account Number

Password\*

SIGN IN

SET/RESET PASSWORD

CANCEL

# What to Read? Lots of Browsing Options

The screenshot shows the website for Kentucky Libraries Unbound. At the top left is the logo with the text "Kentucky Libraries Unbound" and "eBooks • audiobooks • and more". In the top right corner, there are links for "Language", "Feedback", and "Help". Below the logo is a navigation menu with "Subjects", "Collections", "Kindle Books", "Kids", and "Magazines". A red box highlights this menu, and a red arrow points to the "Subjects" link. To the right of the navigation menu are search and account icons: a magnifying glass labeled "Search", a bell icon, a book icon, and "My account".

The main content area features a "BIG LIBRARY READ" section. The text reads: "Big Library Read connects readers around the world with the same book at the same time. Borrow *A Snake Falls to Earth* today through 16 November without any waitlists or holds." Below this is a button that says "Join the book discussion". Further down, it says "Share your thoughts on social using #biglibraryread for a chance to win a BLR giveaway bag." At the bottom left of this section, it says "Also available as an audiobook" with a speaker icon.

On the right side, there is a book card for "A Snake Falls to Earth" by Darcie Little Badger. The card includes the "BIG LIBRARY READ" logo, the "KENTUCKY LIBRARIES UNBOUND" logo, and the book cover. The title "A Snake Falls to Earth" is displayed, along with the author's name "by Darcie Little Badger" and the format "EBOOK". At the bottom of the card, there is a "BORROW" button and a bookmark icon.

# Browsing Subjects

## Browse subjects

[ALL FORMATS](#) [EBOOKS](#) [AUDIOBOOKS](#) [MAGAZINES](#)

[See all 122,004 titles >](#)

### Fiction



1,044 African American Fiction	1 Health & Fitness	1 Military	5 Self-Improvement
3,392 Christian Fiction	11,874 Historical Fiction	13,974 Mystery	3,164 Short Stories
5 Christian Nonfiction	2 History	385 Mythology	2 Sociology
3,427 Classic Literature	1,634 Horror	1 Nature	10,344 Suspense
738 Comic and Graphic Books	3,331 Humor (Fiction)	1 New Age	13,559 Thriller
511 Drama	1 Humor (Nonfiction)	66 Non-English Fiction	7 Travel Literature
1 Entertainment	9 Inspirational	1 Nonfiction	13 Urban Fiction
1,745 Erotic Literature	1 Juvenile Fiction	4 Performing Arts	2,673 Western

# Browsing Collections, Kindle Books, & Kids

The screenshot shows the website interface for Kentucky Libraries Unlimited. At the top left is the logo with the text "Kentucky Libraries Unlimited" and "eBooks • audiobooks • and more". In the top right corner, there are links for "Language", "Feedback", and "Help". Below the logo is a navigation bar with "Subjects", "Collections", "Kindle Books", "Kids", and "Magazines". The "Collections" and "Kindle Books" items are circled in red, with red arrows pointing to them. A dropdown menu is open under "Collections", listing "SPECIAL", "Kids", and "Magazines". Another dropdown menu is open under "Kindle Books", listing "EBOOKS" and "AUDIOBOOKS", each with sub-options like "Available now", "New eBook additions", "New audiobook additions", "New kids additions", "New teen additions", "Most popular", and "Try something different", along with a "See all" link. On the right side, there is a search bar, a notification bell, a book icon, and a "My account" dropdown. Below the navigation is a promotional banner for "BIG LIBRARY READ" featuring a book cover for "A Snake Falls to Earth" by Darcie Little Badger. The book cover shows a woman in a long dress with a snake coiled around her. Below the banner, there is a "Also available as an audiobook" link and a "Borrow" button for the book.

**Kentucky Libraries Unlimited**  
eBooks • audiobooks • and more

Language | Feedback | Help

Subjects | Collections | **Kindle Books** | Kids | Magazines

Search | My account

**SPECIAL**  
Kids  
Magazines

**EBOOKS**  
Available now  
New eBook additions  
New kids additions  
New teen additions  
Most popular  
Try something different  
See all >

**AUDIOBOOKS**  
Available now  
New audiobook additions  
New kids additions  
New teen additions  
Most popular  
Try something different  
See all >

Share your thoughts on social using #BigLibraryRead for a chance to win a BLR giveaway bag.

Also available as an audiobook >

**AVAILABLE**  
BIG LIBRARY READ  
A SNAKE FALLS TO EARTH  
DARCIE LITTLE BADGER

**A Snake Falls to Earth**  
by Darcie Little Badger  
EBOOK  
BORROW

# Browsing Kids

< Back to main collection

Language ▾ Feedback Help

KENTUCKY LIBRARIES UNBOUND

## Kids

Collection Collections Kids Books

Search    My account ▾

### SPECIAL

- Kids
- Magazines
- Main collection

### EBOOKS

- No wait, no problems
- What's new?
- Popular titles
- Check these out!
- Bluegrass Award Winners**
- See all >

### AUDIOBOOKS

- No wait, no problems
- What's new?
- Popular titles
- Check these out!
- See all >

SEE ALL

AVAILABLE



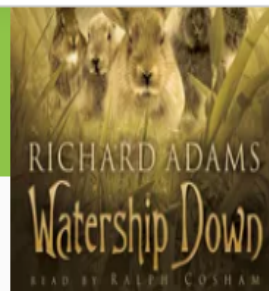
The Terrible Two  
by Mac Barnett  
AUDIOBOOK



Mary Poppins  
by P. L. Travers  
AUDIOBOOK



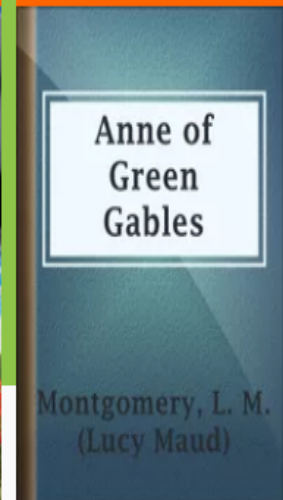
The Adventures of ...  
by Mark Twain  
AUDIOBOOK



Watership Down  
by Richard Adams  
AUDIOBOOK

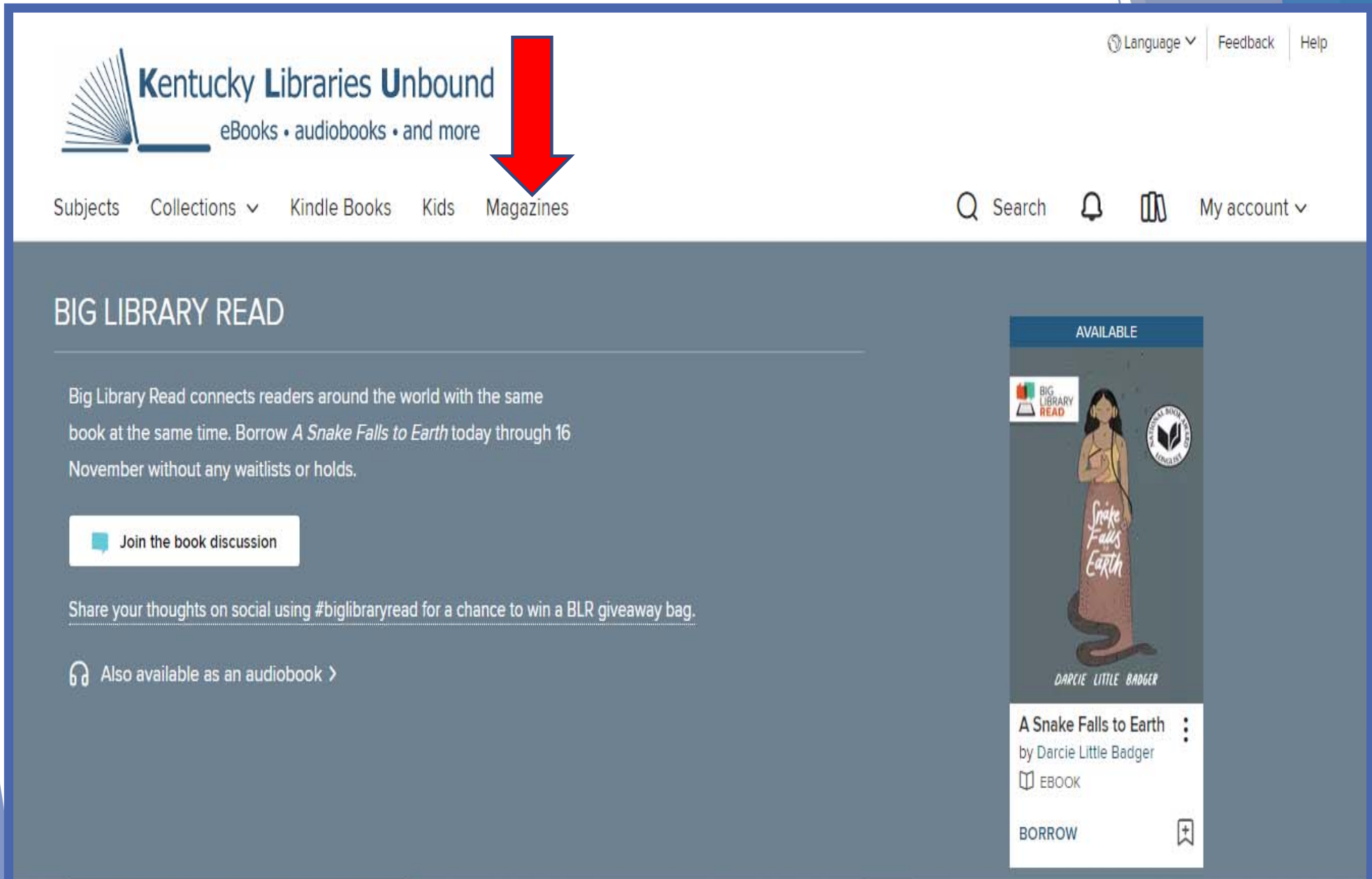


The Wonderful Wiza...  
by L. Frank Baum  
AUDIOBOOK



Anne of Green Gabl...  
by L. M. (Lucy Maud) M...  
EBOOK

# Browsing Magazines



The screenshot shows the Kentucky Libraries Unbound website interface. At the top left is the logo with the text "Kentucky Libraries Unbound" and "eBooks • audiobooks • and more". A red arrow points to the "Magazines" link in the navigation menu. Other navigation links include "Subjects", "Collections", "Kindle Books", and "Kids". On the right, there are links for "Language", "Feedback", and "Help". Below the navigation is a search bar and a "My account" link. The main content area features a "BIG LIBRARY READ" section with a description of the program and a "Join the book discussion" button. A book card for "A Snake Falls to Earth" by Darcie Little Badger is displayed on the right, with a "BORROW" button.

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Language | Feedback | Help

Subjects | Collections | Kindle Books | Kids | **Magazines**

Search | My account

## BIG LIBRARY READ

Big Library Read connects readers around the world with the same book at the same time. Borrow *A Snake Falls to Earth* today through 16 November without any waitlists or holds.

[Join the book discussion](#)

Share your thoughts on social using [#biglibraryread](#) for a chance to win a BLR giveaway bag.

Also available as an audiobook >

**AVAILABLE**

**A Snake Falls to Earth**  
by Darcie Little Badger  
EBOOK

**BORROW**

# Browsing Magazines

◀ Back to main collection

🌐 Language ▾ | Feedback | Help

KENTUCKY LIBRARIES UNBOUND

## Magazines

Subjects | Collections ▾ | Kindle Books

🔍 Search | 🔔 | 📖 | My account ▾

### Just added

SEE ALL



Woman's World

Nov 21 2022

📖 MAGAZINE



Us Weekly

Nov 21 2022

📖 MAGAZINE



HGTV Magazine

November/December ...

📖 MAGAZINE



Country Living

December/January 20...

📖 MAGAZINE



Good Housekeeping

Nov 01 2022

📖 MAGAZINE



Reader's Digest

Nov 01 2022

📖 MAGAZINE

# Magazines

Amazing Wellness	ELLE	House Beautiful	Oxygen	Seventeen
American Girl Magazine	Elle Decor	Lonely Planet Traveller	PC Magazine	Simple & Delicious
Arts and Crafts Homes	Entrepreneur	Macworld	PCWorld	Simply Knitting
Backpacker	ESPN The Magazine	Marie Claire	Popular Mechanics	Star
Bloomberg Businessweek	Esquire	Muscle & Fitness	Popular Science	Taste of Home
Car and Driver	Field & Stream	Motor Trend	Quilters Companion	Town & Country
Clean Eating	Food Network Magazine	Newsweek	Reader's Digest	TV Guide Magazine
Cosmopolitan	Guideposts	O, The Oprah Magazine	REDBOOK	Woman's Day
Country Living	Harper's BAZAAR	OK!	Reminisce	Yoga Journal
Country Woman	HGTV Magazine	Outside Magazine	Saveur	4-Wheel & Off-Road



# Or... Try a Direct Search

The screenshot shows a web browser window displaying search results for "diet" on the Kentucky Libraries Unbound website. The browser's address bar shows the URL: <https://kyunbound.overdrive.com/boone-librariesandarchives/content/search?query=diet>. The website header includes the logo for "Kentucky Libraries Unbound" and navigation links for "Subjects", "Collections", and "Kids". A search bar is located in the top right corner, with a red arrow pointing to it. Below the search bar, there are icons for a grid view, a list view, and a "My account" dropdown. A blue arrow points to the list view icon. The search results are displayed in a grid format. The first result, "The South Beach Diet Supercharged" by Arthur Agatston, MD, is circled in red. The "AVAILABLE" status at the top of this result is also circled in red. The "AUDIOBOOK" format is circled in red in the subject dropdown menu on the left. The second result, "Try-It Diet--Paleolithic Diet" by Adams Media, is also circled in red. The third result, "The Paleo Diet" by Loren Cordain, Ph.D., has a "WAIT LIST" status circled in red. The fourth result, "The Dukan Diet" by Pierre Dukan, also has a "WAIT LIST" status circled in red. The left sidebar contains a list of filters: Availability (All titles, Available now), Audience, Date added, eBooks, Audiobooks, Videos, and Subject (Nonfiction: 167, Health & Fitness: 102, Cooking & Food: 82, Self-Improvement: 9, Fiction: 8, Literature: 3). A "More" button is located at the bottom of the sidebar. The Windows taskbar at the bottom shows the time as 9:15 AM on 7/24/2017.

# Search Results - List Form

Language | Feedback | Recent updates | Help

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Subjects | Collections | Kids

Search | My account

Showing 1-24 of 177 results for "diet" | Sorted by relevance

**Availability** | All titles | Available now

**Audience**

**Date added**

**eBooks**

**Audiobooks**

**Videos**

**Subject**

- Nonfiction 167
- Health & Fitness 102
- Cooking & Food 82
- Self-Improvement 9
- Fiction 8
- Literature 3

More

**AVAILABLE** **The South Beach Diet Supercharged**  
*Faster Weight Loss and Better Health for Life*  
by Arthur Agatston, MD  
AUDIOBOOK  
★★★★☆  
1 of 1 copy available  
**BORROW**  
ADD TO WISH LIST

In the all-new The South Beach Diet Supercharged, Dr. Arthur Agatston shows you how to rev up your metabolism and lose weight faster while following the proven healthy eating principles of the original diet: choose good carbohydrates,... [Read more](#)

**AVAILABLE** **Try-It Diet--Paleolithic Diet**  
*A two-week healthy eating plan*  
Try-It Diets  
by Adams Media  
EBOOK  
★★★★☆  
2 of 2 copies available  
**BORROW**  
ADD TO WISH LIST

Think all diets have to be boring and bland? Think again. With Try-It Diet: Paleolithic Diet, you'll get a taste for the nutritional plan without having to give up great tasting food like Zesty Pecan Chicken and Grape Salad, Citrus-Baked... [Read more](#)

# Filtering Your Search

The screenshot displays the Kentucky Libraries Unbound website interface. At the top, the logo and navigation links are visible. The search results for "diet" are shown in a grid format. A red box highlights the filter sidebar on the left, which includes categories like Availability, Audience, Date added, eBooks, Audiobooks, Videos, and Subject. The eBooks and Audiobooks categories are grouped together with a red bracket. The search results include titles such as "The South Beach Diet Supercharged", "Try-It Diet-Paleolithic Diet", "The Paleo Diet", "The Dukan Diet", "The Mediterranean Diet", and "Diet Rehab".

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Language | Feedback | Recent updates | Help

Subjects Collections Kids Search My account

Showing 1-24 of 177 results for "diet" Sorted by relevance

**Availability** (dropdown)  
All titles  
Available now

**Audience** (dropdown)

**Date added** (dropdown)

**eBooks** (dropdown)

**Audiobooks** (dropdown)

**Videos** (dropdown)

**Subject** (dropdown)  
Nonfiction 167  
Health & Fitness 102  
Cooking & Food 82  
Self-Improvement 9  
Fiction 8  
Literature 3

**More**

**AVAILABLE**  
AUDIO  
**THE SOUTH BEACH DIET SUPERCHARGED**  
GET UP YOUR METABOLISM  
FASTER Weight Loss and Better Health for Life  
Arthur Agatston, MD  
with Joseph Signorile, PhD  
9 CDs UNABRIDGED  
The South Beach Diet Supercharged by Arthur Agatston, MD  
AUDIOBOOK  
BORROW

**AVAILABLE**  
**TRY-IT-DIET**  
A 2-week healthy eating plan  
**Paleolithic Diet**  
Includes 14 DAYS of MEAL PLANS and RECIPES  
Try-It Diet--Paleolithic Diet by Adams Media  
EBOOK  
BORROW

**WAIT LIST**  
UPDATED TO INCLUDE THE LATEST GUIDELINES AND RESEARCH  
**The Paleo Diet**  
Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat  
Loren Cordain, Ph.D.  
author of The Paleo Diet Cookbook  
The Paleo Diet by Loren Cordain  
EBOOK  
PLACE A HOLD

**WAIT LIST**  
THE REAL REASON THE FRENCH ARE THIN  
2 Steps to Lose the Weight  
**THE DUKAN DIET**  
2 Steps to Keep It Off Forever  
AND EAT ALL YOU WANT!  
Dr. Pierre Dukan  
CREATOR OF THE INTERNATIONAL BESTSELLING DIET  
The Dukan Diet by Pierre Dukan  
EBOOK  
PLACE A HOLD

**AVAILABLE**  
"Revenge is sweet. Retribution is even sweeter."  
—Cathy Lamb  
**ELLEN HAWLEY**  
It's not how much you have to  
The South Beach Diet Supercharged by Arthur Agatston, MD  
AUDIOBOOK  
BORROW

**AVAILABLE**  
THE REAL REASON THE FRENCH STAY THIN  
2 Steps to Lose the Weight  
**THE DUKAN**  
The Dukan Diet by Pierre Dukan  
EBOOK  
PLACE A HOLD

**WAIT LIST**  
**THE MEDITERRANEAN DIET**  
Unlocking the secrets to health and weight loss the Mediterranean way.  
The Mediterranean Diet by Loren Cordain  
EBOOK  
PLACE A HOLD

**WAIT LIST**  
BOOK MATERIAL. Includes recipes, interactive journals, and other materials in printable PDF format.  
"Diet Rehab is a smart, innovative, science-based way to end the cravings that are stealing your life. It is filled with practical tips that will make a big difference almost immediately."  
—David G. Amen, M.D., author of The Amen Solution and Change Your Brain, Change Your Body  
**DIET REHAB**  
Diet Rehab by David G. Amen  
EBOOK  
PLACE A HOLD

# Filtering Your Search

The screenshot shows the Kentucky Libraries Unbound website interface. At the top, there are navigation links for Language, Feedback, Recent updates, and Help. The main header includes the logo and text "Kentucky Libraries Unbound eBooks • audiobooks • and more". Below this are navigation options for Subjects, Collections, and Kids, along with a search bar and a My account link.

The search results section displays "Showing 1-24 of 177 results for 'diet'". On the left, a sidebar contains various filters. The "eBooks" filter is expanded, showing a list of options with a red bracket on the right side. The "Kindle Book" option is circled in red, and the number "138" next to it is also circled. Other filters include Availability, Audience, Date added, Audiobooks, Videos, and Subject.

The main content area shows a grid of book covers. The first row includes "The South Beach Diet Supercharged" (Available), "Try-It Diet--Paleolithic Diet" (Available), "The Paleo Diet" (Wait List), and "The Dukan Diet" (Wait List). The second row includes "The South Beach Diet Supercharged" (Available), "The Real Reason the French Stay Thin" (Available), "The Mediterranean Diet" (Wait List), and "Diet Rehab" (Wait List).

Filter	Count
All titles	
Available now	
Audience	
Date added	
<b>eBooks</b>	
Kindle Book	138
OverDrive Read	160
EPUB eBook	161
Open EPUB eBook	5
PDF eBook	65
Open PDF eBook	1
Audiobooks	
Videos	
Subject	
Nonfiction	167
Health & Fitness	102

# Advanced Search

Language | Feedback | Recent updates | Help



Subjects Collections ▾ Kids



Search



Sign in

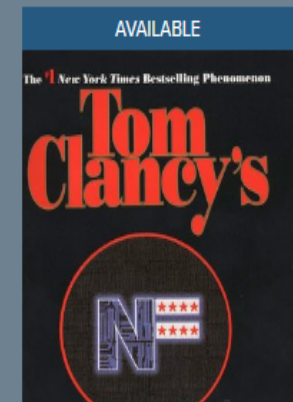
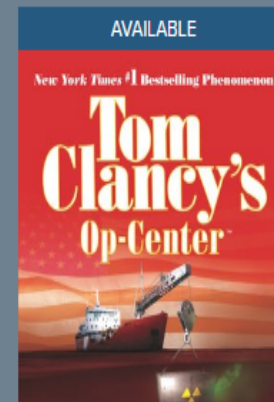
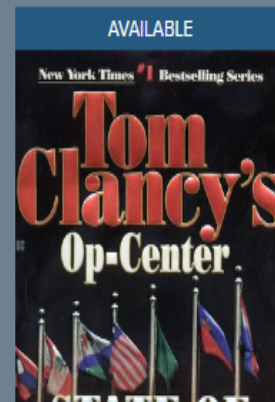
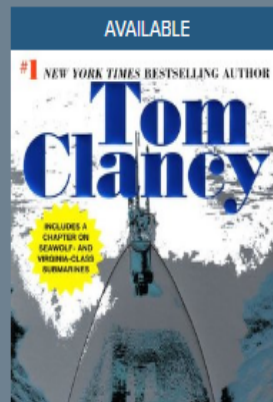
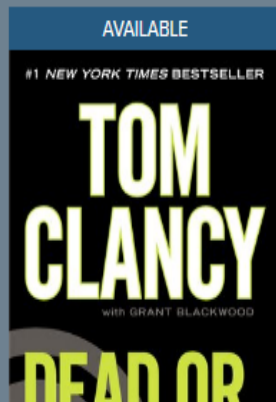
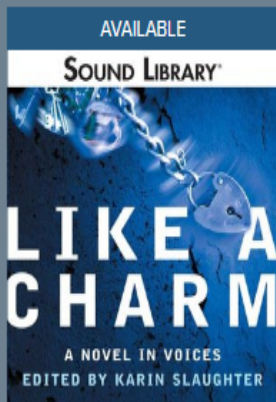
Search

Advanced >

## Choose Your Next Adventure

SEE ALL

Let one of these titles take you on a heart-racing adventure this July!



# Advanced Search

The screenshot shows the 'Advanced Search' interface for Kentucky Libraries Unbound. The page is titled 'Advanced Search' and features several search filters and options. A red arrow points to the 'Title' search field.

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Subjects | Collections | Kindle Books | Kids

Search | My account

### Advanced Search

**Title**  
[Empty search field]

**Author**  
[Empty search field]

**Subjects**  
All subjects

**Availability**  
All titles

**Audience**  
All audiences

**Date added**  
All dates

**Formats**  
All formats

**Languages**  
All languages

**ISBN**  
[Empty search field]

### Levels

**Interest Levels**  
All Interest Levels to All Interest Levels

**ATOS Levels**  
All ATOS Levels to All ATOS Levels

**Lexile® Measures**  
All Lexile® Measures to All Lexile® Measures

**Text Difficulties**  
All Text Difficulties to All Text Difficulties

**SEARCH**

Windows taskbar: 3:33 PM 1/22/2018

# Title Menu Options

The image shows a library catalog interface with a left-hand navigation menu and a grid of book covers. The 'Subject' menu is expanded, showing options for 'Read a sample', 'View details', 'View series', 'Add to history', and 'You may also like'. A blue arrow points to the 'Read a sample' option, and a red arrow points to the 'View details' option. The book covers include 'Try-It Diet-Paleolithic Diet', 'Keto Diet' by Dr. Josh Axe, 'The Keto Diet' magazine, 'The Financial Diet' by Chelsea Fagan, and 'The Real Reason the French are Thin' by Ellen Hawley.

Availability	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Available	Available	Available	Available	Available
All titles	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Available now	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Audience	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Date added	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Ebooks	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Audiobooks	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Magazines	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Subject	Try-It Diet-Paleolithic Diet	Keto Diet	The Keto Diet	The Financial Diet
Nonfiction	547			
Health & Fitness	433			
Cooking & Food	271			
Self-Improvement	39			
Medical	25			
Sociology	22			

# View Details

**Availability** ▾

- All titles
- Available now

**Audience** >

**Date added** >

**Ebooks** >

**Audiobooks** >

**Magazines** >

**Subject** ▾

- Nonfiction 547
- Health & Fitness 433
- Cooking & Food 271
- Self-Improvement 39
- Medical 25
- Sociology 22

**AVAILABLE**

**TRY-IT-DIET**

A 2-week healthy eating plan

**Paleolithic Diet**

Includes 14 DAYS of MEAL PLANS and RECIPES

**AVAILABLE**

NATIONAL BESTSELLER

**KETO DIET**

WITH 80+ RECIPES

**DR. JOSH AXE**

YOUR 30-DAY PLAN TO LOSE WEIGHT, BALANCE HORMONES, BOOST BRAIN HEALTH, AND REVERSE DISEASE

**AVAILABLE**

**THE KETO DIET**

IT WORKS! The Quickest, Healthiest Weight Loss Plan EVER

GET INSPIRED! AMAZING Life-Changing Success Stories

LOSE 25 POUNDS IN A MONTH

**AVAILABLE**

**THE FINANCIAL DIET**

A Total Beginner's Guide to Getting Good with Money

**Try-It Diet--Paleolithic Diet** ▾

- Read a sample
- View details**
- View series
- Add to history
- You may also like

**Keto Diet** ▾

- EBOOK
- BORROW

**The Keto Diet** ▾

- MAGAZINE
- BORROW

**The Financial Diet** ▾

- EBOOK
- BORROW

**AVAILABLE**

THE REAL REASON THE FRENCH ARE THIN

**THE**

**AVAILABLE**

ELLEN HAWLEY

**THE**

**AVAILABLE**

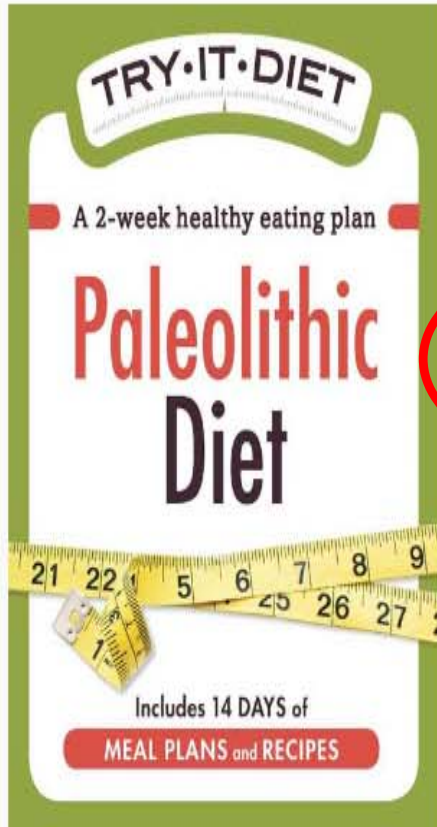
THE REAL REASON THE FRENCH STAY THIN

2 Steps to Lose the Weight

**THE**



# Details Page



## Try-It Diet--Paleolithic Diet

A two-week healthy eating plan

*Try-It Diets*

by Adams Media

 EBOOK



 2 of 2 copies available

BORROW

READ A SAMPLE

 ADD TO WISH LIST  ADD TO HISTORY

Description Details

Think all diets have to be boring and bland? Think again. With Try-It Diet: Paleolithic Diet, you'll get a taste for the nutritional plan without having to give up great tasting food like Zesty Pecan Chicken and Grape Salad, Citrus-Baked Snapper, and Chocolate Coconut Milk Balls. Now the information you need to start eating healthy and living fully is right at your fingertips. And with two weeks worth of original menus complete with easy-to-follow recipes, you'll be able to stick to the plan without being stuck eating the same thing every day. Go ahead and give it a try!

### FORMATS

Kindle Book  
OverDrive Read  
EPUB ebook

### SUBJECTS

COOKING & FOOD

NONFICTION

### LANGUAGES

English

# View Series

**Availability** ▾

- All titles
- Available now

**Audience** ▸

**Date added** ▸

**Ebooks** ▸

**Audiobooks** ▸

**Magazines** ▸

**Subject** ▾

- Nonfiction 547
- Health & Fitness 43
- Cooking & Food 271
- Self-Improvement 39
- Medical 25
- Sociology 22

**Try-It Diet--Paleolithic Diet** ▾

- Read a sample
- View details
- View series**
- Add to history
- You may also like

**AVAILABLE**

**TRY-IT-DIET**

A 2-week healthy eating plan

**Paleolithic Diet**

Includes 14 DAYS of MEAL PLANS and RECIPES

**AVAILABLE**

NATIONAL BESTSELLER

**KETO DIET**

WITH 80+ RECIPES

Your 30-Day Plan to Lose Weight, Balance Hormones, Boost Brain Health, and Reverse Disease

**DR. JOSH AXE**

AUTHOR OF THE NATIONAL BESTSELLER EAT DIET

**Keto Diet**

by Dr. Josh Axe

EBOOK

BORROW

**AVAILABLE**

**THE KETO DIET**

IT WORKS! The Quickest, Healthiest Weight Loss Plan EVER

GET INSPIRED! AMAZING Life-Changing Success Stories

LOW CARB, SLEEP BETTER & FEEL GREAT!

LEARN DELICIOUS RECIPES

LOSE 25 POUNDS IN A MONTH

**The Keto Diet**

The Keto Diet

MAGAZINE

BORROW

**AVAILABLE**

**THE FINANCIAL DIET**

A Total Beginner's Guide to Getting Good with Money

Written by Chelsea Fagan & Designed by Lauren Ver Hage

**The Financial Diet**

by Chelsea Fagan

EBOOK

BORROW

**AVAILABLE**

THE REAL REASON THE FRENCH ARE THIN

2 Steps to Lose the Weight

**THE**

**AVAILABLE**

"Average is sweet. Savoring yourself is even sweeter."

—Cathy Lamb

**ELLEN HAWLEY**

2 Steps to Lose the Weight

**THE**

**AVAILABLE**

THE REAL REASON THE FRENCH STAY THIN

2 Steps to Lose the Weight

**THE**

# Series

Showing 1-7 of 7 results for "Try-It Diets"

Sorted by date added

- Availability
  - All titles
  - Available now
- Audience
- Ebooks
- Subject
  - Nonfiction 7
  - Cooking & Food 7
  - Health & Fitness 1

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

Anti-Inflammation Diet

Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet--Anti-Inflamat...  
by Adams Media  
EBOOK  
BORROW

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

Calorie Counting

Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet--Calorie Counti...  
by Adams Media  
EBOOK  
BORROW

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

Whole-Grain High-Fiber

Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet--Whole-Grain, ...  
by Adams Media  
EBOOK  
BORROW

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

Mediterranean Diet

Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet  
by Adams Media  
EBOOK  
BORROW

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

AVAILABLE

TRY-IT-DIET

A 2-week healthy eating plan

# Add History & Reader Recommendations

The image shows a library catalog interface with a sidebar on the left and a grid of book covers on the right. The sidebar has the following filters and counts:

- Availability: All titles, Available now
- Audience
- Date added
- Ebooks
- Audiobooks
- Magazines
- Subject:
  - Nonfiction: 547
  - Health & Fitness: 433
  - Cooking & Food: 271
  - Self-Improvement: 38
  - Medical: 25
  - Sociology: 22

The grid displays four book covers:

- Try-It Diet--Paleolithic Diet** by Adams Media. Includes 14 DAYS of MEAL PLANS and RECIPES. A dropdown menu is open for this book, with 'Add to history' circled in red. Other options include 'Read a sample', 'View details', and 'View series'.
- Keto Diet** by Dr. Josh Axe. NATIONAL BESTSELLER. WITH 80+ RECIPES. BORROW.
- The Keto Diet** by The Keto Diet. MAGAZINE. BORROW.
- The Financial Diet** by Chelsea Fagan. A Total Beginner's Guide to Getting Good with Money. EBOOK. BORROW.

Below the grid, the top of three more book covers is visible, all titled '2 Steps to Lose the Weight' by THE REAL REASON THE FRENCH ARE THIN.

# Wish Lists

The screenshot shows a library website interface with a search bar at the top right containing the text "Search" and "My account". Below the search bar, the text "Showing 1-24 of 177 results for 'diet'" is displayed. On the left side, there is a sidebar with various filters: Availability (All titles, Available now), Audience, Date added, eBooks, Audiobooks, Videos, and Subject (Nonfiction: 167, Health & Fitness: 102, Cooking & Food: 82, Self-Improvement: 9, Fiction: 8, Literature: 3). A "More" button is located at the bottom of the sidebar. The main content area displays a grid of book covers. The first row includes "The South Beach Diet Supercharged" (AUDIOBOOK), "Try-It Diet--Paleolithic Diet" (EBOOK), "The Paleo Diet" (EBOOK), and "The Dukan Diet" (EBOOK). The second row includes "The Divorce Diet" (EBOOK), "The Dukan Diet" (EBOOK), "The Mediterranean Diet" (EBOOK), and "Diet Rehab" (EBOOK). A red circle highlights the bookmark icon on the "The South Beach Diet Supercharged" book card.

Subjects Collections Kids

eBooks • audiobooks • and more

Search My account

Showing 1-24 of 177 results for "diet"

Sorted by relevance

Availability

- All titles
- Available now

Audience

Date added

eBooks

Audiobooks

Videos

Subject

- Nonfiction 167
- Health & Fitness 102
- Cooking & Food 82
- Self-Improvement 9
- Fiction 8
- Literature 3

More

AVAILABLE

AVAILABLE

WAIT LIST

WAIT LIST

AVAILABLE

AVAILABLE

WAIT LIST

WAIT LIST

AVAILABLE

AVAILABLE

WAIT LIST

WAIT LIST

The South Beach Diet Supercharged

Try-It Diet--Paleolithic Diet

The Paleo Diet

The Dukan Diet

The Divorce Diet

The Dukan Diet

The Mediterranean Diet

Diet Rehab

FASTEST WEIGHT LOSS AND BEST RESULTS

FASTER Weight Loss and Better Health for Life

Arthur Agatston, MD

with Joseph Signorile, PhD

9 CDs UNABRIDGED

TRY-IT-DIET

A 2-week healthy eating plan

Paleolithic Diet

Includes 14 DAYS of MEAL PLANS and RECIPES

Over 100,000 copies sold!

Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat

Loren Cordain, Ph.D.

author of The Paleo Diet Cookbook

THE REAL REASON THE FRENCH ARE THIN

2 Steps to Lose the Weight

THE DUKAN DIET

2 Steps to Keep It Off Forever

AND EAT ALL YOU WANT!

Dr. Pierre Dukan

CREATOR OF THE INTERNATIONAL BESTSELLING DIET

It's not how much you eat, it's how much you eat that you've got to love.

ELLEN HAWLEY

The DIVORCE DIET

THE REAL REASON THE FRENCH STAY THIN

2 Steps to Lose the Weight

THE DUKAN DIET

2 Steps to Keep It Off Forever

NEVER FEEL HUNGRY

Unlocking the secrets to health and weight loss the Mediterranean way

THE MEDITERRANEAN DIET

DIET REHAB

28 Days to Finally Stop Craving the Foods That Make You Fat

BORROW

BORROW

PLACE A HOLD

PLACE A HOLD

BORROW

BORROW

PLACE A HOLD

PLACE A HOLD

# Wish Lists

The screenshot shows a library website interface with search results for "diet". The top navigation bar includes "eBooks • audiobooks • and more", "Subjects", "Collections", "Kids", "Search", and "My account". A left sidebar contains filters for "Availability", "Audience", "Date added", "eBooks", "Audiobooks", "Videos", and "Subject". The main content area displays a grid of book covers with their respective availability and action buttons. A dropdown menu is open over the "The Paleo Diet" book, showing options: "Loans", "Holds", "Wish list" (circled in red), "Rated titles", "Settings" (underlined), and "Sign out". A red circle also highlights the "Borrow" button for "The South Beach Diet Supercharged".

Showing 1-24 of 177 results for "diet"

Availability: All titles, Available now

Audience: >

Date added: >

eBooks: >

Audiobooks: >

Videos: >

Subject: >

- Nonfiction: 167
- Health & Fitness: 102
- Cooking & Food: 82
- Self-Improvement: 9
- Fiction: 8
- Literature: 3

More

Book 1: **AVAILABLE** **THE SOUTH BEACH DIET SUPERCHARGED** by Arthur Agatston, MD. Includes 9 CDs. **BORROW** (checked)

Book 2: **AVAILABLE** **TRY-IT-DIET: PALEOLITHIC DIET** by Adams Media. Includes 14 days of meal plans and recipes. **BORROW**

Book 3: **WAIT LIST** **THE PALEO DIET** by Loren Cordain. Over 100,000 copies sold! **PLACE A HOLD**

Book 4: **WAIT LIST** **THE DUKAN DIET** by Pierre Dukan. Creator of the international bestselling diet. **PLACE A HOLD**

Book 5: **AVAILABLE** **THE DIVORCE DIET** by Ellen Hawley. **BORROW**

Book 6: **AVAILABLE** **THE DUKAN DIET** by Pierre Dukan. 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever. **BORROW**

Book 7: **WAIT LIST** **THE MEDITERRANEAN DIET** by M. Pollan. **PLACE A HOLD**

Book 8: **WAIT LIST** **DIET REHAB** by Dr. Will Cole. 28 Days to Finally Stop Craving the Foods That Make You Fat. **PLACE A HOLD**

Dropdown menu for "The Paleo Diet":

- Loans
- Holds
- Wish list**
- Rated titles
- Settings
- Sign out

# Settings

## Settings

Ebook:

7 days

14 days

21 days

Audiobook:

7 days

14 days

21 days

Magazine:

7 days

14 days

21 days

Certain titles may have lending periods that can't be changed.



**History**

Displaying your history from October 4, 2017. [Learn More.](#)

## CONTENT PREFERENCES

**Audience(s)**

Choose the types of content you'd like to see while browsing and searching the collection.

All audiences

Juvenile

Young adult

General adult

Mature adult



**Kindle preference**

Only show the Kindle Book option for borrowed ebooks

# Settings

## Audience(s)

Choose the types of content you'd like to see while browsing and searching the collection.

All audiences

Juvenile

Young adult

General adult

Mature adult

### Kindle preference

Only show the Kindle Book option for borrowed ebooks

## DISPLAY OPTIONS

### High contrast

Turn on high-contrast mode for this website.

### Dyslexic font

Turn on dyslexic font for this website.

## MY ACCOUNT

Loans  
Holds  
Wish list  
Rated titles  
History

## SUPPORT

Help  
Get support

## STAY CONNECTED

Member libraries  
Share feedback

## LANGUAGE

English  
Español  
中文(简体)  
日本語

powered by

**OverDrive**

Get the app





# Borrowing

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light to dark. The shapes are primarily triangles and polygons, creating a modern, layered effect. The word "Borrowing" is centered in a dark blue, sans-serif font.

# Borrow Titles

The screenshot shows a library website interface with the following elements:

- Header:** "eBooks • audiobooks • and more" with navigation links for "Subjects", "Collections", and "Kids". Search and "My account" options are also present.
- Search Results:** "Showing 1-24 of 177 results for 'diet'".
- Filters (Left Sidebar):**
  - Availability:** All titles, Available now.
  - Audience:** (Dropdown arrow)
  - Date added:** (Dropdown arrow)
  - eBooks:** (Dropdown arrow)
  - Audiobooks:** (Dropdown arrow)
  - Videos:** (Dropdown arrow)
  - Subject:**
    - Nonfiction: 167
    - Health & Fitness: 102
    - Cooking & Food: 82
    - Self-Improvement: 9
    - Fiction: 8
    - Literature: 3
- More:** A button at the bottom of the filter sidebar.
- Item Cards (Grid):**
  - Card 1:** "The South Beach Diet Supercharged" by Arthur Agatston, MD. Status: AVAILABLE. Format: AUDIOBOOK. Action: BORROW.
  - Card 2:** "Try-It Diet-Paleolithic Diet" by Adams Media. Status: AVAILABLE. Format: EBOOK. Action: BORROW. A red arrow points to this card.
  - Card 3:** "The Paleo Diet" by Loren Cordain, Ph.D. Status: WAIT LIST. Format: EBOOK. Action: PLACE A HOLD.
  - Card 4:** "The Dukan Diet" by Pierre Dukan. Status: WAIT LIST. Format: EBOOK. Action: PLACE A HOLD.
  - Card 5:** "The Divorce Diet" by Ellen Hawley. Status: AVAILABLE. Format: AUDIOBOOK. Action: BORROW.
  - Card 6:** "The Dukan Diet" (another version). Status: AVAILABLE. Format: EBOOK. Action: BORROW.
  - Card 7:** "The Mediterranean Diet" by M. Pollan. Status: WAIT LIST. Format: EBOOK. Action: PLACE A HOLD.
  - Card 8:** "Diet Rehab" by Dr. Oz. Status: WAIT LIST. Format: EBOOK. Action: PLACE A HOLD.

# Borrow

The screenshot shows a library website interface with a modal dialog box for borrowing a book. The background is dimmed, showing the website's header with 'Kentucky Libraries Unbound' and navigation links like 'Subjects', 'Collections', 'Kindle Books', and 'Kids'. A search bar and 'My account' link are also visible. The book being borrowed is 'Try-It Diet--Paleolithic Diet' by Adams. The dialog box contains the book's cover, title, author, format (EBOOK), and a 'Borrow for' dropdown menu set to '21 days'. There are 'BORROW' and 'CANCEL' buttons at the bottom of the dialog. The book cover features a measuring tape and the text 'Includes 14 DAYS of MEAL PLANS and RECIPES'.

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Language Feedback Help

Subjects Collections Kindl Books Kids

Search Search Search My account

**Try-It Diet--Paleolithic Di...**  
Try-It Diets  
EBOOK  
Borrow for 21 days

**BORROW**

**CANCEL**

**TRY-IT-DIET**  
A 2-week healthy eating plan  
**Paleolithic Diet**  
Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet  
A two-week healthy eating plan  
Try-It Diets  
by Adams  
EBOOK  
2 of 2  
ADD TO

FORMATS  
Kindle Book  
OverDrive Read  
EPUB ebook

SUBJECTS  
COOKING & FOOD  
NONFICTION

LANGUAGES  
English

Description Details

# Borrow

The screenshot shows the Kentucky Libraries Unbound website interface. At the top, there is a navigation bar with 'Language', 'Feedback', and 'Help' options. The main header features the 'Kentucky Libraries Unbound' logo and the text 'eBooks • audiobooks • and more'. Below this, there are navigation links for 'Subjects', 'Collections', and 'Kindle Books'. A search bar and 'My account' link are also visible.

The central focus is a white modal window titled 'SUCCESS!' with a close button (X). The modal contains the following information:

- Image:** A book cover for 'TRY-IT-DIET A 2-week healthy eating plan Paleolithic Diet'. The cover features a yellow measuring tape and the text 'Includes 14 DAYS of MEAL PLANS and RECIPES'.
- Text:** 'Try-It Diet--Paleolithic Diet is checked out to you until November 22, 2022. You can borrow 17 more titles.'
- Buttons:** 'Read now with kindle' (black button), 'Read now in browser' (blue button), and 'Download EPUB ebook' (grey button).
- Additional Info:** 'Read on your phone, tablet, and more.' with icons for Android, Apple, and Windows.

Below the modal, the book's details are partially visible, including 'ADD TO WISH LIST' and 'REMOVE FROM HISTORY' buttons. The background shows the book's description and details tabs.

# My Account - Loans

**Kentucky Libraries Unbound**  
eBooks • audiobooks • and more

Subjects Collections ▾ Kids

Search My account ▾

- Loans
- Holds
- Wish list
- Rated titles
- Settings

Loans

You can borrow 11 more titles. See all account limits.

EXPIRES IN 21 DAYS

**TRY-IT-DIET**  
A 2-week healthy eating plan  
**Paleolithic Diet**  
Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet--Paleolithic Diet  
Adams Media  
EBOOK

DOWNLOAD ▾

OR

READ IN BROWSER

★★★★☆

Return

<https://kyunbound.overdrive.com/boone-librariesandarchives/content/account/loans#>

# My Account - Holds

SUCCESS!

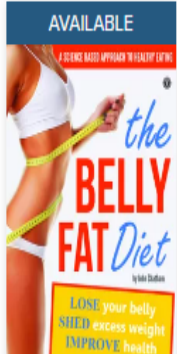
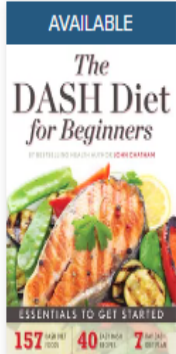
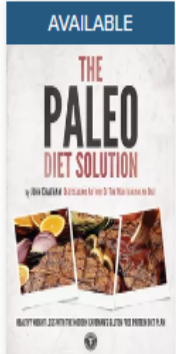

## The Mediterranean Diet

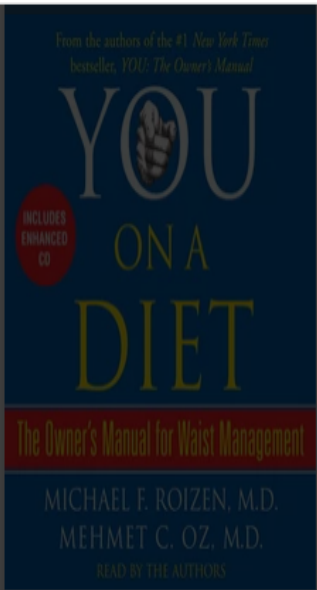
by [John Chatham](#)

Your holds position: #1 on 1 copy

An email will be sent to [dehib91@gmail.com](mailto:dehib91@gmail.com) when the title is available to borrow. [Manage your holds.](#)

Want to borrow something now? You might also like these available titles:

 <p>AVAILABLE</p> <p>LOSE your belly SHED excess weight IMPROVE health</p>	 <p>AVAILABLE</p> <p>ESSENTIALS TO GET STARTED</p> <p>157 recipes 40 minutes 7 days</p>	 <p>AVAILABLE</p> <p>THE PALEO DIET SOLUTION</p> <p>117 paleo foods you can eat</p>	 <p>AVAILABLE</p> <p>7-day beginner plan</p> <p>21 easy recipes</p>
<p>The Belly ...</p> <p>by John Ch...</p> <p>EBOOK</p> <p>BORROW</p>	<p>The DASH...</p> <p>by John Ch...</p> <p>EBOOK</p> <p>BORROW</p>	<p>The Paleo ...</p> <p>by John Ch...</p> <p>EBOOK</p> <p>BORROW</p>	<p>Paleo for ...</p> <p>by John Ch...</p> <p>EBOOK</p> <p>BORROW</p>



From the authors of the #1 *New York Times* bestseller, *YOU: The Owner's Manual*

INCLUDES ENHANCED CD

YOU ON A DIET

The Owner's Manual for Waist Management

MICHAEL F. ROIZEN, M.D.  
MEHMET C. OZ, M.D.


READ BY THE AUTHORS

YOU: On a Diet

by Michael F. Roizen

AUDIOBOOK

BORROW



DIET REHAB

28 Days to Finally Stop Craving the Foods That Make You Fat

DR. MIKE DOW

collected by FREDDY EATERS, with ANTONIA BLETCH

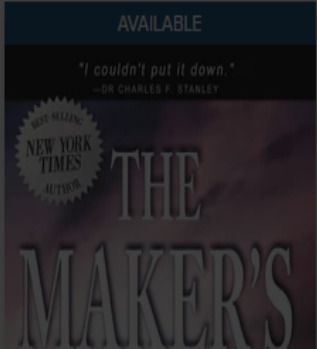
READ BY DR. MIKE DOW

AVAILABLE

T-DIET

healthy eating plan

rranean diet



AVAILABLE

"I couldn't put it down."

—DR. CHARLES F. STANLEY

THE MAKER'S

# My Account - Holds

Loans

Holds

Wish list

Rated titles


History

Settings

## Holds

You can place 19 more holds. See all account limits.

PLACED ON NOVEMBER 16, 2022

 **The Mediterranean Diet**  
John Chatham  
EBOOK

#1 on 1 copy  
Wait time: About 2 weeks ?

Edit email   Suspend hold   Remove

Loans

Holds

Wish list

Rated titles

History

Settings

Sign out

# My Account - Holds - Suspend

The screenshot shows a library website interface. At the top, there are navigation links for 'Subjects', 'Collections', and 'Kids'. A search bar and 'My account' dropdown are on the right. A notification banner at the top states 'Automatic hold checkout is turned on. [Change this setting.](#)'. The left sidebar contains links for 'Loans', 'Holds', 'Wish list', 'Rated titles', and 'Settings'. The main content area shows a list of holds, with 'The Paleo Diet' selected. A modal dialog box titled 'SUSPEND HOLD' is open, displaying the title 'The Paleo Diet' and the message: 'Your hold will keep moving forward in the wait list, but will not become available to you while it's suspended.' Below this, there is a 'Suspend hold for' dropdown menu with options: 7 days (selected), 14 days, 21 days, 28 days, 60 days, 90 days, and 180 days. A 'CANCEL' button is visible to the right of the dropdown. At the bottom of the dialog, there are three buttons: 'Edit email', 'Suspend hold', and 'Remove'.

Subjects Collections Kids Search My account

Automatic hold checkout is turned on. [Change this setting.](#)

Loans

Holds

Wish list

Rated titles

Settings

Suspend hold for 7 days 14 days 21 days 28 days 60 days 90 days 180 days

CANCEL

Edit email Suspend hold Remove



# Downloading

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light to dark. These shapes are primarily located on the right side of the frame, creating a modern, layered effect.

# Borrow

The screenshot shows the Kentucky Libraries Unbound website interface. At the top, there is a navigation bar with 'Language', 'Feedback', and 'Help' options. The main header features the 'Kentucky Libraries Unbound' logo and the text 'eBooks • audiobooks • and more'. Below this, there are navigation links for 'Subjects', 'Collections', and 'Kindle Books'. A search bar and 'My account' dropdown are also visible.

The central focus is a white modal window titled 'SUCCESS!' with a close button (X). The modal contains the following information:

- Image:** A book cover for 'TRY-IT-DIET A 2-week healthy eating plan Paleolithic Diet'. The cover features a yellow measuring tape and the text 'Includes 14 DAYS of MEAL PLANS and RECIPES'.
- Text:** 'Try-It Diet--Paleolithic Diet is checked out to you until November 22, 2022. You can borrow 17 more titles.'
- Buttons:** 'Read now with kindle' (black button), 'Read now in browser' (blue button), and 'Download EPUB ebook' (grey button).
- Additional Info:** 'Read on your phone, tablet, and more.' with icons for Android, Apple, and Windows.

Below the modal, the book's details are partially visible, including 'ADD TO WISH LIST' and 'REMOVE FROM HISTORY' buttons, and tabs for 'Description' and 'Details'. On the right side of the page, there are sections for 'FORMATS' (Kindle Book, OverDrive Read, EPUB ebook), 'SUBJECTS' (COOKING & FOOD, NONFICTION), and 'LANGUAGES' (English).

# Download Your Item

Loans - Kentucky Libraries x Thank You x tawk.to | Dashboard x

Secure | https://kyunbound.overdrive.com/boone-librariesandarchives/content/account/loans

Apps Google WMS User Support C Customer Services an KYV Resources Resources Reference Adobe Connect Cent OCLC WorldShare Government Docume Other bookmarks

eBooks • audiobooks • and more

Subjects Collections v Kids Search My account v

### Loans

Loans

Holds

Wish list

Rated titles

Settings

You can borrow 10 more titles. See all account limits.

**EXPIRES IN 21 DAYS**

**TRY-IT-DIET**  
A 2-week healthy eating plan  
**Paleolithic Diet**  
Includes 14 DAYS of MEAL PLANS and RECIPES

Try-It Diet--Paleolithic Diet  
Adams Media  
EBOOK

**DOWNLOAD** ▼  
Kindle Book  
EPUB eBook

★★★★☆

Return

**EXPIRES IN 1 DAY, 4 HOURS**

**THE CASES THAT HAUNT US**  
From Jack the Ripper to Jeffrey Dahmer, the FBI's Legendary Mysteries Shed Light on the Mysterious Deaths of...  
**JOHN DOUGLAS & MARK OLSHAKER**

The Cases That Haunt Us  
Mark Olshaker  
EBOOK

GET KINDLE BOOK (FROM AMAZON)

OR

READ IN BROWSER

★★★★☆

Request again

How to return

11:23 AM 7/26/2017

# Kindle Downloads

The screenshot shows a web browser window with several tabs open: 'Loans - Kentucky Libraries', 'Amazon.com: Try-It Diet', 'OverDrive | Help', 'Thank You', and 'tawk.to | Dashboard'. The address bar shows the URL: [https://www.amazon.com/gp/product/library-lend-redemption/B006PI0UJC?ie=UTF8&force-full-site=1&m=A38SEFUGZMJU8S&token=rRTd9Gj1zyDV4N4N5o\\_KH0-W5vqk](https://www.amazon.com/gp/product/library-lend-redemption/B006PI0UJC?ie=UTF8&force-full-site=1&m=A38SEFUGZMJU8S&token=rRTd9Gj1zyDV4N4N5o_KH0-W5vqk). The Amazon header includes the logo, a search bar, and navigation links like 'Departments', 'Browsing History', and 'Hello, Deborah Account & Lists'. A promotional banner for Alexa is visible: 'Alexa, reorder coffee.' and 'Get a \$10 credit for your first reorder with Alexa'. The main heading is 'Get Your Digital Library Loan'. The product image shows the book cover for 'TRY-IT-DIET: A 2-week healthy eating plan Paleolithic Diet' with a measuring tape graphic and the text 'Includes 14 DAYS of MEAL PLANS and RECIPES'. The product title is 'Try-It Diet - Paleolithic Diet: A two-week healthy eating plan (Try-It Diets) [Kindle Edition]'. A red circle highlights the 'Expiration Date: August 16, 2017'. A red arrow points from the text 'from the Kindle Store or check it out again, all your notes and highlights will be preserved.' to the 'Get library book' button. The 'Deliver to:' dropdown menu is also circled in red, showing 'Deborah's Kindle'. A 'Free Kindle Reading App' promotion is visible at the bottom right. The Windows taskbar at the bottom shows icons for Internet Explorer, File Explorer, Chrome, and other applications, with the system clock displaying '11:32 AM 7/26/2017'.

amazon  
OverDrive

Start your Prime Video FREE trial

Departments Browsing History Deborah's Amazon.com Today's Deals Gift Cards & Registry Sell Help

Buy a Kindle Kindle eBooks Kindle Unlimited Prime Reading Advanced Search Best Sellers & More Kindle Book Deals Free Reading Apps Kindle Singles Newsstand Accessories Content and devices

"Alexa, reorder coffee." Get a \$10 credit for your first reorder with Alexa Learn more

## Get Your Digital Library Loan

[Try-It Diet - Paleolithic Diet: A two-week healthy eating plan \(Try-It Diets\) \[Kindle Edition\]](#)

- Digital library books require an active Wi-Fi connection for wireless delivery to a Kindle device. Librarians can not be delivered via your Kindle's 3G connection.
- Kindle automatically backs up all of your notes and highlights. If you choose to purchase the book at a later date from the Kindle Store or check it out again, all your notes and highlights will be preserved.

**Expiration Date: August 16, 2017**

You are signed in as [redacted]  
[Use a different Amazon account](#)

**Get library book**

**Deliver to:**  
Deborah's Kindle

[How does this work?](#)

**Free Kindle Reading App**  
Anybody can read Kindle books—even without a Kindle device—with the FREE Kindle app for

11:32 AM 7/26/2017

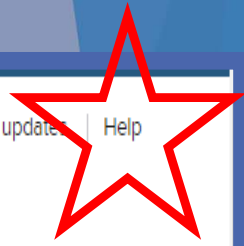
# Help on KLU

Language | Feedback | Recent updates | Help



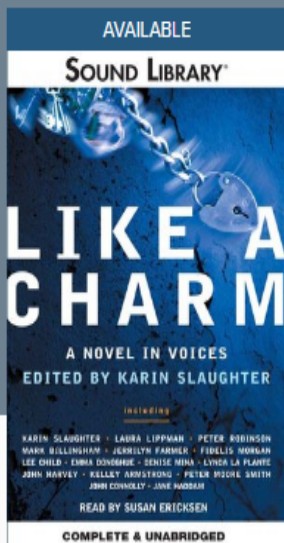
Subjects Collections Kids

Search My account

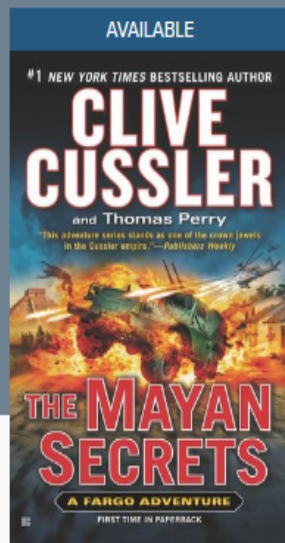


## Choose Your Next Adventure

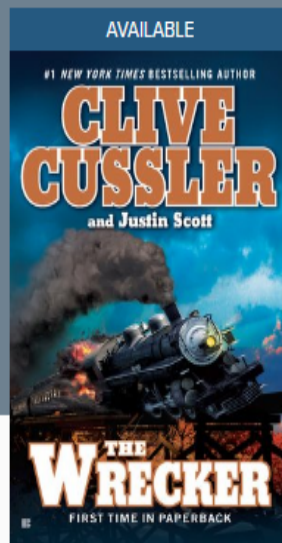
Let one of these titles take you on a heart-racing adventure this July!



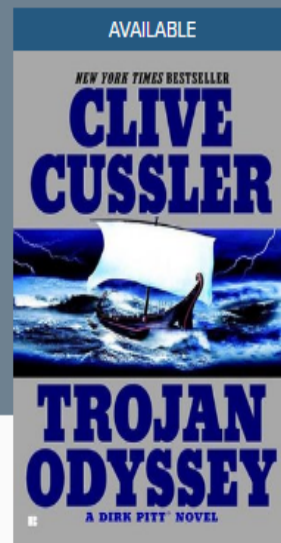
Like a Charm  
by Karin Slaughter  
AUDIOBOOK



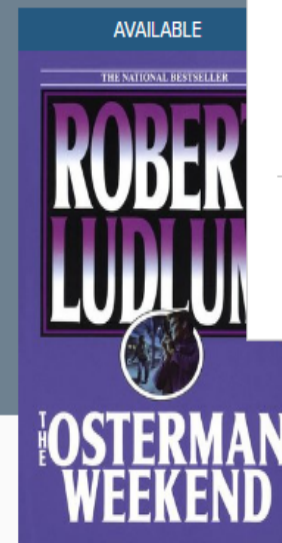
The Mayan Secrets  
by Clive Cussler  
EBOOK



The Wrecker  
by Clive Cussler  
EBOOK



Trojan Odyssey  
by Clive Cussler  
EBOOK



The Osterman Week...  
by Robert Ludlum  
AUDIOBOOK



Cold Vengeance  
by Douglas Preston  
AUDIOBOOK

- Loans
- Holds
- Wish list
- Rated titles
- Settings

Sign out

Thank you for taking the time  
to join our training session!



*Contact the State Library -*

**Ask A Librarian:**

<http://kdla.ky.gov/employees/sgasklib/Pages/default.aspx>

or email [kdlareferencedesk@ky.gov](mailto:kdlareferencedesk@ky.gov)

Phone: (502) 564-8306 or  
Outside Frankfort - 1-800-928-7000, Option #3



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for sponsorship of this webinar.**