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KEY=JOURNAL - KAISER JIMENA

THE 365-DAY RUNNING JOURNAL

LOG WORKOUTS, IMPROVE YOUR RUNS, STAY MOTIVATED

Rockridge Press Get on the right track and speed past your running goals. Whether you're aiming for faster time, longer distance, or just to have more fun, this journal supports your journey as a runner. The 365-Day Running Journal lets you log your runs so you can follow your progress week-to-week. The modern design makes it easy to write down location, time, weather, and distance for each run. Stay motivated with a list of your goals, races, and personal records. For casual joggers or ultrarunners alike, this running journal reminds you that it's not always a race--but simply about doing what you love. The 365-Day Running Journal includes: Flexible dates--It's no problem if you need to skip a week--the dates are left blank, so you can log at your own pace. Going strong--Get a pick-me-up with 13 monthly essays on motivation, body image, running form, and more. Practical tips--Weekly tips and fun facts help you improve your running skills and take care of your body. Focus your body and mind to reach your running goals with The 365-Day Running Journal.

MODEL RULES OF PROFESSIONAL CONDUCT

American Bar Association The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

RUNNER'S WORLD TRAINING JOURNAL

Rodale A daily journal, with sidebar tips on cross-training, running, and nutrition.

WRITING YOUR JOURNAL ARTICLE IN TWELVE WEEKS

A GUIDE TO ACADEMIC PUBLISHING SUCCESS

SAGE `A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will help its readers write forward with a first-rate guide as good company.' - Joan Bolker, author of *Writing Your Dissertation in Fifteen Minutes a Day* `Humorous, direct, authentic ... a seamless weave of experience, anecdote, and research.' - Kathleen McHugh, professor and director of the UCLA Center for the Study of Women Wendy Laura Belcher's *Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success* is a revolutionary approach to enabling academic authors to overcome their anxieties and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.

THE OLD FARMER'S ALMANAC 2022

Houghton Mifflin Harcourt Happy New Almanac Year! It's time to celebrate the 230th edition of *The Old Farmer's Almanac*! Long recognized as North America's most-loved and best-selling annual, this handy yellow book fulfills every need and expectation as a calendar of the heavens, a time capsule of the year, an essential reference that reads like a magazine. Always timely, topical, and distinctively "useful, with a pleasant degree of humor," the Almanac is consulted daily throughout the year by users from all walks of life. The 2022 edition contains the fun facts, predictions, and feature items that have made it a cultural icon: traditionally 80 percent-accurate weather forecasts; notable astronomical events and time-honored astrological dates; horticultural, culinary, fashion, and other trends; historical hallmarks; best fishing days; time- and money-saving garden advice; recipes for delicious dishes; facts on folklore, farmers, home remedies, and husbandry; amusements and contests; plus too much more to mention—all in the inimitable Almanac style that has charmed and educated readers since 1792.

CONGRESSIONAL RECORD

PROCEEDINGS AND DEBATES OF THE ... CONGRESS

STRENGTHENING FORENSIC SCIENCE IN THE UNITED STATES

A PATH FORWARD

National Academies Press Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. *Strengthening Forensic Science in the United States: A Path Forward* provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. *Strengthening Forensic Science in the United States* gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

ATOMIC HABITS

AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

Penguin The #1 New York Times bestseller. Over 4 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

RUNNER'S WORLD HOW TO MAKE YOURSELF POOP

AND 999 OTHER TIPS ALL RUNNERS SHOULD KNOW

Rodale Books Every runner knows how important it is to prevent an unfortunate bathroom accident midrun. This book can show you how. For any runner who wants a quick, easy reference guide to every running issue under the sun, look no further. With tips on training, nutrition, gear, motivation, health, and racing, *Runner's World How to Make Yourself Poop* is essential reading for runners who want to improve their performance. From "The Best Way to Tie Your Shoes" to "9 Tactics for Busting Out of a Running Rut" and everything

in between, these short, easy-to-use tips from reliable experts are the perfect gift for any runner in your life.

THE BULLET JOURNAL METHOD

TRACK YOUR PAST, ORDER YOUR PRESENT, PLAN YOUR FUTURE

Fourth Estate **THE NEW YORK TIMES BESTSELLER** Transform your life using the Bullet Journal Method, the revolutionary organisational system and worldwide phenomenon. The Bullet Journal Method will undoubtedly transform your life, in more ways than you can imagine' Hal Elrod, author of *The Miracle Morning* In his long-awaited first book, Ryder Carroll, the creator of the enormously popular Bullet Journal organisational system, explains how to use his method to: * **TRACK YOUR PAST:** using nothing more than a pen and paper, create a clear, comprehensive, and organised record of your thoughts and goals. * **ORDER YOUR PRESENT:** find daily calm by prioritising and minimising your workload and tackling your to-do list in a more mindful and productive way. * **PLAN YOUR FUTURE:** establish and appraise your short-term and long-term goals, plan more complex projects simply and effectively, and live your life with meaning and purpose. Like many of us, Ryder Carroll tried everything to get organised - countless apps, systems, planners, you name it. Nothing really worked. Then he invented his own simple system that required only pen and paper, which he found both effective and calming. He shared his method with a few friends, and before long he had a worldwide viral movement. The system combines elements of a wishlist, a to-do list, and a diary. It helps you identify what matters and set goals accordingly. By breaking long-term goals into small actionable steps, users map out an approachable path towards continual improvement, allowing them to stay focused despite the crush of incoming demands. But this is much more than a time management book. It's also a manifesto for what Ryder calls "intentional living": making sure that your beliefs and actions align. Even if you already use a Bullet Journal, this book gives you new exercises to become more calm and focused, new insights on how to prioritise well, and a new awareness of the power of analogue tools in a digital world. *** This book has been printed with three different colour designs, black, Nordic blue and emerald. We are unable to accept requests for a specific cover. The different covers will be assigned to orders at random. ***

THE 12 WEEK YEAR

GET MORE DONE IN 12 WEEKS THAN OTHERS DO IN 12 MONTHS

John Wiley & Sons The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, *The 12 Week Year* avoids the pitfalls and low productivity of annualized thinking. This book redefines your "year" to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

STARTING A BUSINESS AND KEEPING RECORDS

THE SIMPLIFIED PLANNER

SOPHIE'S WORLD

A NOVEL ABOUT THE HISTORY OF PHILOSOPHY

Farrar, Straus and Giroux One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

RUNNER'S WORLD

TRAINING DIARY

Leichtathletik, Training, Trainingsbuch.

PAPER TOWNS

A&C Black Special edition slipcase edition of John Green's *Paper Towns*, with pop-up paper town. From the bestselling author of *The Fault in our Stars*. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

RUN FAST. EAT SLOW.

NOURISHING RECIPES FOR ATHLETES: A COOKBOOK

Rodale Books Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, *Run Fast. Eat Slow.* has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

ESSENTIALS WEEKLY PLANNER STICKERS

SET OF 575 STICKERS

Peter Pauper Press Personalize your agenda and stay extra-organized with this set of hundreds of stylish planner stickers! Keep track of all your appointments, special days, dates, vacations, and celebrations. Selections include multiples of "Birthday," "Appointment," "Date Night," "Day Off," "Girls' Night Out," "Laundry," "Deadline!" "Crucial," "Make It Happen," "Fun!" "Lazy Day," and many more! Decorative stars, circles, faces, hearts, and more allow for further calendar customization. Set includes over 575 different stickers in a variety of shapes and colors. Perfect for any planner, calendar, or journal. Sticker set fits in the back pockets of all Peter Pauper Press planners so you can keep them at your fingertips! Package measures 4 inches wide x 7-1/2 inches high.

EASY RUNNING PLANS

TOTAL-BODY TRAINING FOR SPEED, STRENGTH, AND ENDURANCE

Rockridge Press Hit the ground running with this easy, total-body training guide. Whether you're a weekend runner looking to get in better shape or a road warrior aiming to tackle your first marathon, *Easy Running Plans* has something for you. Throughout this book, you'll learn the most effective stretching routines, strength workouts, and technique drills for runners--culminating in seven, easy-to-follow running plans. Whatever your goal may be, these plans will help you get there. And with the total-body approach, you'll not only get the most out of your runs but acquire the skills necessary to keep injuries at bay. *Easy Running Plans* contains the following: Lace up--Choose the training schedule that best suits your needs, whether you're looking to make steady gains or have your sights set on a 5k, 10k, half-marathon, or marathon. Study up--Learn the fundamentals of proper running form, stride, injury-prevention, and recovery. Speed up--Improve your speed, strength, and endurance with detailed illustrations depicting over 40 stretches, exercises, and drills--all of which can be performed at home, with little-to-no equipment. When you're ready to elevate your running game, pick up a copy of this book and get moving.

GET YOUR BUTT OUT THE DOOR

A 365-DAY MOTIVATIONAL RUNNER'S COMPANION

This book is intended to do just that, to help make your daily run happen. No matter if you are an Olympic athlete or just trying to break a sweat. When work, family or your mind and body seem to gang up to stop you from getting out that door, these 365 motivational pokes will give you the ammo you need to thwart the assault on your daily run-your daily bread.

BELIEVE TRAINING JOURNAL (ELECTRIC BLUE EDITION) BELIEVE TRAINING JOURNAL (ELECTRIC BLUE EDITION)

Believe Training Journal Believe in your training; believe in yourself. Get motivated to become the runner you were meant to be with the upcoming *Believe Training Journal (Electric*

Blue Edition) by pro runners Lauren Fleshman and Roisin McGettigan-Dumas. Drawing from their own training and racing methods, Lauren and Ro offer a training journal that has it all: designated grids for recording data and times as well as space to process and dream. The journal offers a full year of undated weeks, an annual calendar, worksheets, quizzes, lists, and plenty of space for notes. Lauren and Ro share their wisdom and experience throughout the journal—with thought-provoking insight on how to define goals, how to respect your body, how to deal with adversity, and how to get mentally tough for competition—all to help you find balance in your running and become a healthier, happier, and better athlete. Top runners know a good training diary is invaluable for the insights they can reveal. The Believe Training Journal will help you explore your athletic side and pursue your own running journey.

168 HOURS

YOU HAVE MORE TIME THAN YOU THINK

Penguin There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way—and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

SCHOOL LONG AGO AND TODAY

Capstone What was school like in the days of old? Can you imagine studying in a tiny one-room schoolhouse, writing out lessons on a chalkboard slate? Discover how school life has changed over time, and what it might be like in the future.

THE DAILY STOIC

366 MEDITATIONS ON WISDOM, PERSEVERANCE, AND THE ART OF LIVING

Penguin From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant *Wall Street Journal* and *USA Today* Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The *Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

RISE AND RUN

RECIPES, RITUALS AND RUNS TO FUEL YOUR DAY: A COOKBOOK

Rodale Books **NEW YORK TIMES BESTSELLER** • A cookbook and training manual dedicated to helping you revamp your morning routine, from the authors of *Run Fast. Cook Fast. Eat Slow*. **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE WASHINGTON POST** Shalane Flanagan and Elyse Kopecky believe (and science confirms) that what you eat at the start of the day impacts everything: your mood, your work output, your cravings, your sleep, and even your long-term health. In *Rise and Run*, discover a better a.m. routine and nourish your entire day with more than 100 recipes for nutrient-dense breakfasts, recovery drinks, packable snacks, and best-of-all: twenty-four new Superhero Muffin recipes (both savory and sweet). These veggie-forward recipes can also double as lunch or dinner. Think Savory Red Lentil Oatmeal, Tempeh Sausage, Brunch Power Salad, Pesto Zucchini Superhero Muffins, Everything Bagel Muffins, and homemade breads, biscuits, cookies, and bars. Every recipe includes make-ahead tips for busy families, and they are crafted with the ideal balance of protein, complex carbs, and healthy fats to keep you sustained. But Shalane and Elyse don't just leave it there. Along with recipes, they share expert advice from trainers and pros, as well as morning rituals, intention-setting tools, predawn running tricks, and injury-prevention advice. And, to top it off, *Rise and Run* includes a fourteen-week marathon-training program designed by Shalane that will have you breaking personal bests. This book will teach athletes how to spend more time chasing the sunrise—without sacrificing the most important meal of the day.

GUIDE FOR ALL-HAZARD EMERGENCY OPERATIONS PLANNING

DIANE Publishing Meant to aid State & local emergency managers in their efforts to develop & maintain a viable all-hazard emergency operations plan. This guide clarifies the preparedness, response, & short-term recovery planning elements that warrant inclusion in emergency operations plans. It offers the best judgment & recommendations on how to deal with the entire planning process -- from forming a planning team to writing the plan. Specific topics of discussion include: preliminary considerations, the planning process, emergency operations plan format, basic plan content, functional annex content, hazard-unique planning, & linking Federal & State operations.

RUNNING YOUR FIRST MARATHON

THE COMPLETE 20-WEEK MARATHON TRAINING PLAN

Rockridge Press Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Andrew has certainly helped me along my journey—with his sage advice, his miracle-working hands on the massage table, and giving me a laugh when I needed it the most.

1,000 PLACES TO SEE BEFORE YOU DIE 2019 CALENDAR

PICTURE-A-DAY

PLANNING GUIDE FOR MAINTAINING SCHOOL FACILITIES

DIANE Publishing

OCCUPATIONAL OUTLOOK HANDBOOK

DRAPLIN DESIGN CO.

PRETTY MUCH EVERYTHING

Abrams Esquire. Ford Motors. Burton Snowboards. The Obama Administration. While all of these brands are vastly different, they share at least one thing in common: a teeny, little bit of Aaron James Draplin. Draplin is one of the new school of influential graphic designers who combine the power of design, social media, entrepreneurship, and DIY aesthetic to create a successful business and way of life. *Pretty Much Everything* is a mid-career survey of work, case studies, inspiration, road stories, lists, maps, how-tos, and advice. It includes examples of his work—posters, record covers, logos—and presents the process behind his design with projects like *Field Notes* and the “Things We Love” State Posters. Draplin also offers valuable advice and hilarious commentary that illustrates how much more goes into design than just what appears on the page. With Draplin's humor and pointed observations on the contemporary design scene, *Draplin Design Co.* is the complete package for the new generation of designers.

75 HARD

A TACTICAL GUIDE TO WINNING THE WAR WITH YOURSELF

Do you lack confidence, grit, endurance, fortitude, self-esteem and all the other things that don't just make someone great, but successful in everything they do? What if you could completely transform yourself into someone who could do anything? I'm not talking about the change that happens for a week or a month or a year...but for your whole life? What would that legitimately and realistically be worth to you? Everybody tries to tell themselves that they are "special" or "great"...but it's just talk. It's not reality. This book tells you how to do that. It doesn't cost anything to execute this program...but it ain't free. I guarantee if you do exactly as I tell you to do it with no compromises and zero substitutions...you and your life will never be the same.-Andy Frisella

THE SECRET LIFE OF SALVADOR DALÍ

Courier Corporation This startling early autobiography takes Dalí through his late 30s and "communicates the...total picture of himself (Dalí) sets out to portray" — Books. Superbly illustrated with over 80 photographs and scores of drawings.

PROOFREADING, REVISING & EDITING SKILLS SUCCESS IN 20 MINUTES A DAY

Learning Express Llc This comprehensive guide will prepare candidates for the test in all 50 states. It includes four complete practice exams, a real estate refresher course and complete math review, as well as a real estate terms glossary with over 900 terms, and expert test-prep tips.

POPULAR SCIENCE

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

PRINCIPLES OF ACCOUNTING VOLUME 1 - FINANCIAL ACCOUNTING

The text and images in this book are in grayscale. A hardback color version is available. Search for ISBN 9781680922929. Principles of Accounting is designed to meet the scope and sequence requirements of a two-semester accounting course that covers the fundamentals of financial and managerial accounting. This book is specifically designed to appeal to both accounting and non-accounting majors, exposing students to the core concepts of accounting in familiar ways to build a strong foundation that can be applied across business fields. Each chapter opens with a relatable real-life scenario for today's college student. Thoughtfully designed examples are presented throughout each chapter, allowing students to build on emerging accounting knowledge. Concepts are further reinforced through applicable connections to more detailed business processes. Students are immersed in the "why" as well as the "how" aspects of accounting in order to reinforce concepts and promote comprehension over rote memorization.

MEN'S HEALTH

Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

COLORING BOOK OF SHADOWS

PLANNER FOR A MAGICAL 2022

Make Your Year Magical! ♥ Harness the power of the moon, the sun, the planets, and yourself as you expand your horizons and create an extraordinary year. The Planner for a Magical 2022 shows you ways to use astrology and magic to transform your life. We see ourselves in the archetypes, myths, and stories of the stars. And the exploration of astrology asks you the question of who you are. So... who are you? Imagine what you could do or how you'd feel if you stayed connect to your magic all year. Discover new insights about yourself and experience your magic on a deeper level with this unique book. The Planner for a Magical 2022 includes: A fully illustrated "Astrology" theme with birth charts to fill-in for yourself Symbolism, original art, and correspondences for each zodiac sign Illustrated spells, rituals, and simple practical magic for everyday life Monthly calendars and weekly planner pages with astrological and moon phase information A concise "Beginner's Guide" to astrology, witchcraft, and spellcasting Suitable for new and experienced witches - powerful magic for everyone Coloring is optional (but encouraged!). You can fully enjoy this book in black and white. Take a trip through the cosmos and find yourself on the empowering journey of your own magical path. _____ Hardcover with premium 70# paper Printed on both sides of the page For use with colored pencils & ballpoint pens only. Markers or watercolors are not recommended Handy 6x9" size

75 HARD CHALLENGE

THE 75 HARD-RUNNING: STAY MOTIVATED JOURNAL

Exercise twice each day for 45 minutes - it doesn't matter what the exercise is but one of these sessions must to be outdoors. Drink 4 litres of water per day. Pick a diet or eating plan and stick to that plan. You don't necessarily have to count calories but be intelligent - no chocolates, no cake, no soft drinks, and NO ALCOHOL (this is the one I'll struggle with the most). Read a minimum of 10 pages every day of growth mindset material or self-help book. No fifty shades of grey content! stick to real life material to work on your mindset. Take one progress photo each day - even though this is more of a mental challenge, the byproduct will be a physical change at the end of the 75 days.

BACKPACKER

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.
