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Michael Rajnik

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Orange Coast Magazine ,2007-12 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle *To the Fullest* Lorraine Bracco,Lisa V. Davis,2015-04-07 Lorraine Bracco is one of the world's most dynamic actresses but when she reached her fifties she felt she was losing her luster During the long illnesses of her parents she began to gain weight and felt her energy and self confidence take a dive Watching her parents die within 9 days of each other was her wake up call to take charge of her life She made a commitment to herself to stay healthy In *To the Fullest* Bracco presents her Clean Up Your Act Program a comprehensive plan to help women over 40 look and feel younger The program includes an intensive liver cleanse to reboot the body to start fresh on the path to optimal health by eliminating gluten sugar eggs and dairy Two weeks of meal plans and a varied list of meals and snacks illustrate that hunger is not part of the program and that eating clean has endless flavorful options Her Clean Up Your Act Diet which follows the cleanse will help you lose pounds and deliver supercharged energy Bracco adds her own mouthwatering recipes to ease the transition to clean eating and suggests an abundance of satisfying breakfasts lunches dinners and snacks She gradually lost 35 pounds and has kept it off The book also includes testimonials gathered from women who have participated in Rodale's 6 week test panel With winning honesty Bracco provides the perfect combination of humor comfort and motivational support that women need to rise to life's challenges From attitude adjustments to style tips from finding new passions to making movement a habit her advice and personal insights both inspire and entertain *Great Maps* Jerry Brotton,2014-09-01 The whole world is mapped out for your viewing pleasure in this captivating compendium ranging from past to present through diverse themes of transport and technology to discoveries and development Covering the classical maps of the ancient world and traveling through time to reach Google Earth in the 21st century this unprecedented history of more than 60 maps opens up our planet as never before Great Maps showcases early Medieval maps like including mappae mundi iconic transport maps such as the London Underground important travel maps including Dr Livingstone's version of Africa maps of natural wonders such as the ocean floor and momentous moments including the marks on the Moon left by the lunar landings There are maps that show the way to heaven depict lands with no sunshine and the mysterious home of the people with no bowels on this mind blowing journey Much more than just geographical data maps are an accurate reflection of the culture and context of different time frames in history British historian Jerry Brotton tells the amazing secret stories behind many of the most significant maps ever unearthed revealing key features and innovative

techniques in incredible detail The unique insight into how mapmakers have expressed their world views results in this treasured book that makes a welcome addition to any bookshelf or home library *Midwife Pip's Guide to a Positive Birth* Pip Davies, 2024-04-04 An empowering birth book for every mum to be DR ZOE WILLIAMS Midwife Pip is on a mission to help every parent to be to feel informed and prepared for birth With the right education and support she firmly believes that all births whether planned or unplanned assisted caesarean waterbirth or hypnobirth can be positive Midwife Pip's Guide to a Positive Birth will take you through every stage of preparation for pregnancy labour birth and beyond Packed with evidence based information and insider tips and tricks from a practising midwife this book is your personal antenatal class You'll discover How to harness the connection between your mind and body The importance of the birth environment and how to influence it The best positions for labour and birth How your birth partner can best support you Breathwork and visualisations to help you relax How to make an informed decision about birth including VBAC The key questions to ask your midwife What you need to know about postpartum aftercare and much more Whether you're having your first or your fifth baby this honest and reliable guide will equip you with everything you need to know to embrace the exciting journey of parenthood *Cincinnati Magazine*, 2006 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **The Ladies' Home Journal**, 2006 **The Economist**, 1902 *Indianapolis Monthly*, 2005-11 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape **Indianapolis Monthly**, 2003-12 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape **San Diego Magazine**, 2009-05 *The Engineer*, 1862 **Yoga Journal**, 2005-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *The Gardeners' Chronicle and Agricultural Gazette*, 1851 *The Publishers Weekly*, 2003 *Los Angeles Magazine*, 1999-07 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian *Los Angeles Magazine*

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