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We hear you want to transform your upper body—and as always, we've got your back. (See what we did there?) Because you subscribe to our kickass membership program, you get exclusive access to PDFs of ...

Here's Your 12-Week Ultimate Upper Body Training Guide PDF

The Body Book is our guide to everything women's health and wellness, and we mean everything. From in-depth videos to how inflammation works, to explainers on health problems that affect female bodies ...

The Body Book Is Your Guide To Women's Health

Restructuring and insolvency trade body R3 has launched a free guide for company directors that explains how to spot signs... | Law | North East | Management | Finance | Finance | Enterprise | Business ...

R3 North East launches free guide to spotting signs of financial distress for company directors

Freedom day 2.0 is fast approaching, as are summer holidays and relaxed travel rules – but with so much uncertainty and last-minute changes of plan, you'd be forgiven for not being quite as prepared ...

The easy-living girl's guide to a stress-free and stylish summer

The Fox-body Mustang is a modern classic that's only getting more popular and valuable as time goes by, especially for super-clean survivors.

Your handy 1979–93 Ford Mustang (Fox-body) buyer's guide

Body polishing is the process of massaging and gently exfoliating the skin to clear up dead cells, boost blood circulation, and rejuvenate the skin. The process uses a blend of essential oils and ...

Body polishing: Benefits and step-by-step guide to practice at home

Tending to unruly body hair can be tricky and time-consuming, leading to many putting it off. Fortunately, there are now many multipurpose tools available, ready to serve all hair removal needs. From ...

9 best body groomers for men

One of the great things about Universal Orlando Resort is that there is SO much to do for all ages. But sometimes it is nice to take a break from the family-friendly routine and enjoy the resort as ...

Ultimate Adult's Guide to Universal Orlando Resort

Countries that have developed effective vaccines to protect against Covid-19 have every right to be proud of their achievement. But as the world starts to reopen to travel and immunisation rates ...

Let science and the global health body be vaccines guide

We have lifted the paywall on this story. To support essential reporting, please consider becoming a subscriber. ARIES (March 21-April 19): Poet Joshua Jennifer Espinoza writes, "i name my body girl ...

Free Will Astrology for the Week of July 8

A local nurse and author shared how her 5,670th migraine led to helping others end their suffering. Elizabeth Priller signed copies of her new book — The Migraine Method — to kick off the Mind-Body ...

Former teen mom turned veteran nurse shares book on migraine-free living

A Beginners Tai Chi class is being offered free of charge and will be held at the Yankton Community Library for one hour each Friday for five weeks in July, ...

YCL Hosts Free Tai Chi In July

Imagine going to a peaceful protest and having to show your ID to the police before you can join it. Or having to fill out a form about why you are attending that particular protest. Sounds absurd, ...

Can we be free to protest in an age of high tech police surveillance of protests?

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I have spent my entire adulthood being an overachiever, all in the hopes to garner that love and acceptance from a man that no longer exists on this earth.

From Surviving to Thriving: A Daughter's Guide to Healing her Heart.

K5 you choose, sporty looks come standard. But what are the differences among its five trim levels, and which is the best for you?

2022 Kia K5 Trim Guide—We Compare Features Within This Stylish Sedan's Lineup

Poet Joshua Jennifer Espinoza writes, "i name my body girl of my dreams / i name my body ...

Free Will Astrology (July 7-13)

Businesses with one to four employees are being urged to find out how they can benefit from 12 months' free business support to guide them through the pandemic recovery. The year-long membership ...

Free expert advice for Staffordshire micro businesses available thanks to councils' partnership with leading national support body

Here's this week's Tuesday edition of the Daily Dot's Internet Insider. We take a look at cops handing over body cam footage for free lassos.

Tech newsletter: Cops get free electric lassos for handing over body camera footage

Welcome to IGN's official Walkthrough for Scarlet Nexus. In this section, we'll cover the first major boss fight against Gunkin Perry and provide ...

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Scarlet Nexus Wiki Guide

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