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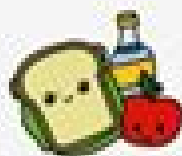
Look after yourself



IN THE WORKPLACE



KEEP HYDRATED



LUNCH AWAY FROM DESK



USE YOUR VOICE



SHARE YOUR FEELINGS



TAKE REGULAR BREAKS



GO FOR A WALK



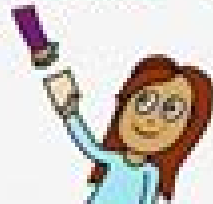
GO HOME ON TIME



ORGANISE YOUR WORK



ASK FOR HELP



DELEGATE MORE



KEEP COMMUNICATING



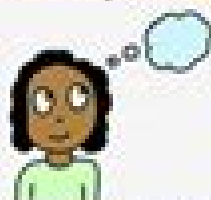
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WALK AWAY FROM DRAGS



TAKE DEEP BREATHS



REFLECT ON YOUR DAY



TAKE YOUR TIME



FOCUS ON SUCCESS



ASK CURIOUS QUESTIONS



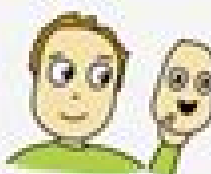
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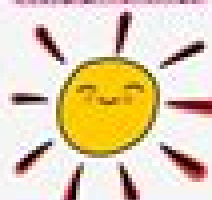
TREAT YOURSELF + OTHERS



BE YOURSELF



BELIEVE IN YOURSELF



FOCUS ON THE GOOD



BE HONEST + GENUINE



TRY SOMETHING NEW



SPREAD KINDNESS



LISTEN TO YOURSELF

Look After Yourself Hair

Anthea Turner



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Beautiful Minds Marina Passalaris, 2012-11 Everything a girl needs to know about Confidence self esteem friendships fashion make up smoking boys and relationships Food and nutrition bullying skin care etiquette social media sites gratitude mother daughter relationships respecting yourself first impressions drugs and alcohol hair styling money and budgeting fear peer pressure beating the blues how to be happy setting goals and more Beautiful Minds a journey of self discovery is about discovering who you are how to get through your tricky teen years and how to put your best foot forward Meet your new best friend

Faith and the Pursuit of Health Jessica Hardin, 2018-10-26 Salvation and metabolism Ethnography between clinic and church Discerning ambiguous risks Freedom and health responsibility Embodied analytics Well being and deferred agency Support synergies Integrating faith into healthcare practice

Fitter Stronger Paula Kerr, 2021-04-12 Fitness and well being expert Paula Kerr used exercise and nutrition to navigate the toughest physical and emotional battles of her life and move forward In Fitter Stronger Resilience If You re Going Through Hell Keep Going she explains her story in full With nutrition hacks and work outs for all abilities there are contributions from clinical experts and those who have used fitness to turn their lives around including chef Michel Roux Jr and former Royal Marine and triple amputee Mark Ormrod OBE called Britain s answer to Superman by Prince Harry This book identifies the vital coping mechanisms we all need when a grenade is thrown into our world and we need to adapt to survive Carefully researched and beautifully presented this is a practical guide to managing adversity by creating a strong healthy mind and body Paula Kerr was a successful journalist when she was diagnosed with breast cancer after a routine operation To help her navigate two gruelling years of treatment and maintain family life she relied on a nutrient dense diet regular exercise and a positive mindset to aid her return to full health climbing Ben Nevis between trips to the chemotherapy ward Wishing to share her experience with others Paula qualified as a personal trainer and created Fitter Stronger offering health holidays and classes for those experiencing illness injury or trauma Fitter Stronger has grown into a hugely successful brand including personal training wellness breaks in the UK and South Africa NHS and private medicine rehab clinics and a youth fitness and motivation programme for primary secondary and further education In all areas of her work she promotes exercise and nutrition as vital tools for a peaceful healthy and energetic life If you keep your mind and body strong you are unstoppable Paula Kerr

Breaking Tracks Sally Hope Johnson, 2012-04 Samantha Porter has a settled contented on track life for 28 years with her husband and first love Karl See how her life becomes derailed in the engrossing novel Breaking Tracks A trip to Portugal results in a unique mutual attraction to a local man twelve years her junior Her safe track rocks but Sammy remains faithful to Karl The real break in her life comes when she is sexually assaulted and afterward is accused of maliciously wounding her attacker At the same time she discovers her husband s long term infidelity with her best friend How will Sammy withstand this combination of events that signal a huge breakdown in her track of life Pick up Breaking Tracks and you won t put it down This is the debut novel from Sally Hope

Johnson a married mother of two grown children owner of two cats and full time Human Resources specialist who lives in West Berkshire England A part time writer for the past several years she is a local and national prize winner for her amusing and compelling short stories <http://sbpra.com> SallyHopeJohnson

How to Age Well Anthea Turner, 2021-11-15 How to Age Well is a carefully researched beautifully presented guide to ageing with style and grace The author who is renowned for her own glamorous look has spoken to and worked with literally dozens of beauty and fitness experts over the decades Here she reveals their secrets hacks and tips on how to always look one's best from achieving amazing skin dealing with weight gain and the menopause to spiritual well being and contentment This is a must have companion for every woman wanting to look and feel her best packed full of stunning photographs and expertise from some of the top names in the beauty fitness and wellness industries

The Moving Picture Girls Under Palms Laura Lee Hope, 2023-04-30 The Moving Picture Girls Under Palms is a children's book written by Laura Lee Hope originally published in 1914 The novel follows the adventures of Ruth and Alice DeVere two sisters who work as actresses in the early days of the film industry In this particular story Ruth and Alice are given the opportunity to film a movie in sunny Florida where they encounter a number of challenges and adventures They quickly discover that the production is beset by problems including a difficult director and an unreliable leading man As they work on the film the girls become embroiled in a mystery involving a missing piece of jewelry and must use their skills and wit to solve the case Along the way they meet a number of interesting characters including a charming hotel owner and a wealthy heiress In addition to their work on the film Ruth and Alice take the opportunity to enjoy the natural beauty and leisure activities of Florida including swimming boating and exploring the lush tropical landscape They also develop close friendships with the locals and demonstrate their kindness and generosity to those in need Throughout the book Ruth and Alice demonstrate their intelligence creativity and loyalty to their friends and family They also showcase their love of adventure and willingness to take risks in pursuit of their goals Overall The Moving Picture Girls Under Palms is an exciting and engaging story that offers a glimpse into the glamour and excitement of early 20th century filmmaking It highlights the importance of friendship resourcefulness and a love of adventure while also showcasing the natural beauty and wonder of Florida

Selected Works of Laura Lee Hope Laura Lee Hope, Oh Bunny Here comes Bunker Blue Where is he I don't see him Bunny Brown and his Sister Sue were playing on the shady side porch of their house one morning when the little girl looking up from a cracker box which had been made into a bed where she was putting her doll to sleep saw a tall boy walking up the path There's Bunker went on Sue to her brother Bunny at the same time pointing Maybe he's come to take us for a ride in one of daddy's fishing boats Have you Bunker asked Bunny standing up and brushing some shavings from his little jacket for he had been using a dull kitchen knife trying to whittle out a wooden boat from a piece of curtain stick Oh Bunker have you Have I what asked the tall boy who worked on the dock where Mr Brown the father of Bunny and Sue carried on a boat and fish business Have I what Bunker asked again and he stood still and gazed at the two small

children who were anxiously looking at him Have you come to take us for a ride asked Bunny In one of daddy s boats added Sue who generally waited for her brother to speak first since he was a year older than she Not this time messmates answered Bunker Blue with a laugh calling the children the name one sailor sometimes gives to another Not this time messmates I ve come up to get the ark Oh the ark cried Bunny Did you hear that Sue Bunker has come up to get the ark Oh Oh and Sue fairly squealed in delight Then we ll have a nice ride in that Wait Bunker till I put my doll away and I ll come with you Wait for me And I ll come too added Bunny I can bring my boat with me Tisn t all done yet he added but I can whittle on it when we ride along and then I can sail it when we get to the dock Now avast there and belay messmates cried Bunker Blue with a laugh using some more of the kind of talk he heard among the sailors that came to Mr Brown s dock with boats of fish Wait a minute I didn t say I had come to give you a ride in the ark I just came to get it But you will let us ride won t you Bunker asked Bunny smiling at the tall boy Cause we ll sit just as still as anything added Sue And I won t touch the steering wheel not once promised Bunny I guess you d better not not after you once got almost run away with in the big ark said Bunker I should say not Oh please let us come with you begged Sue We want awful much to ride in the ark Bunker While the two children were talking to the tall boy another little girl had crawled under the fence from the street and was now standing near Bunny and his sister She was Sadie West one of Sue s chums and when she heard Bunny s sister begging for a ride in the ark Sadie said Oh Sue is he going to take your Noah s ark away I wouldn t let him if I were you It isn t Noah s ark at all Sue explained We call the big automobile that we had such a long ride in the ark It looks a little like a Noah s ark but it s bigger and we can all get in it she added Oh exclaimed Sadie I thought Bunker meant he was going to take your little ark and all the wooden animals away she added Not this time said Bunker Blue Your father sent me up Bunny to get the big auto the ark as you call it It s got to be fixed and I m to drive it to the shop over at East Milford That s why I came up Where s your mother I want to tell her I m taking away the ark so she won t think some tramps or some gypsies have run off with it I ll call her Sue said while Bunny kept on brushing the tiny whittlings from his jacket and short trousers And there was a queer look on the face of Bunny Brown

The Making of Us Lisa Jewell,2012-08-14 As a man named Daniel slowly fades away in a London hospice he tells his friend Maggie that he was an anonymous sperm donor who fathered four children a revelation that unexpectedly brings together a group of strangers in this powerful celebration of family friendship life and love **Still Lives** Reshma Ruia,2022-06-29 The glow of my cigarette picks out a dark shape lying on the ground I bend down to take a closer look It s a dead sparrow I wondered if I had become that bird disoriented and lost Young handsome and contemptuous of his father s traditional ways PK Malik leaves Bombay to start a new life in America Stopping in Manchester to visit an old friend he thinks he sees a business opportunity and decides to stay on Now fifty five PK has fallen out of love with life His business is struggling and his wife Geeta is lonely pining for the India she s left behind One day PK crosses the path of Esther the wife of his business competitor and they launch into an affair conducted in shabby hotel rooms with the fear of discovery

forever hanging in the air *Still Lives* is a tightly woven haunting work that pulls apart the threads of a family and plays with notions of identity Shortlisted for the SI Leeds literary prize Winner of the Reader's Choice Award at the Diverse Book Awards 2023

Style Yourself with Confidence Ellen Joubert, 2018-04-16 The purpose of this book is to make it easy for every woman to understand the art of being well dressed and to have a practical application on how to emphasize her good features and hide or minimize the less attractive ones Gaining knowledge on the correct way to dress will make so much more sense when buying clothes and styling yourself every day Well dressed women stand out from the crowd and attract good attention They have loads of confidence and the term confident in her own skin comes to mind Good style does not come naturally to most of us We are not born with good style genes There are a lot of factors involved in our dress style and one of them is education Once you have the understanding of how clothing styles and color work you'll be enlightened for the rest of your life You'll even be a role model for your children and grandchildren The good news is you do not have to buy your clothes only at high end boutiques to make an impression Everyday styles will work well if you know the tricks of how to bring out the best of your own body shape and features Since a woman can have two to three different body shapes during her lifetime this book will be a lifetime investment We are never too young or too old to learn about style secrets and how to dress stylishly The information in this book is suitable for women of all ages Mothers even your teenage daughters will benefit from reading this book The sooner they gain confidence in style the sooner they'll be set on the road of being stylish and successful

Two Worlds Berlinda Ivin, 2010-03-18 There aren't too many humans who go through their daily lives aware that there are two worlds here the human existence and the Demons Demon are everywhere some even live amongst humans There are only two species that are made Vampire and Lamiahaem the others Jorgenhan Changelings Sirens Casanovas Witches and Warlocks are born or hatched and they have normal life cycles Magic plays a big part in our world there are many humans who find that they can make things happen without being able to explain these happenings the ones that are strong are generally found and recruited into our world by the Guard We had visited with many of these Witches and Warlocks One family in particular always stood out the Howard family Their magic was powerful nothing had ever measured up to them in all of my years The matriarch of the family decided not to join us she stayed in the human world Her granddaughters though we would watch from a distance The Guard are soldiers for the Elders There are seven Elders in each sector and there are three sectors that keep the world covered The reason there are seven is to ensure that all main Demons are represented It is very rare that they ever get together it has only happened once in my lifetime and that was in the very beginning when they first came to be The Elders are our law they are the ones who stop all unnecessary murders slaughter being done to humans by our kind They keep harmony There is only one punishment imprisonment followed by death In our sector the lead Elder is my maker my father Elder Thomas Carter he is a Lamiahaem Lamiahaem are very passionate Demons if we were not part of the Guard we would be living peacefully in our large family groups Our species are not naturally

aggressive we have had to learn to adapt to a violent world We are made and we make our partners these are always humans that have magical gifts When we meet that partner it is for life this is natural for us It is hard to explain the magnetic pull that you have when you first meet your mate this love is also experienced by the human There is only one mate for you if that is denied you will recover and eventually meet another but it can take some time I have been Lamiahaem since 1554 my name is Simon My father Thomas Carter lost his mate in a fight with vampire before he made me He still cannot explain why he felt the need to change me only to say that he noticed my gift of being able to feel illness and injuries and to know how to heal Father believed that I would be useful to his world We were in Newcastle in 1635 I was with the Guard There were Renegade Vampire feeding off humans that had the plague it appeared their affected blood was something like a drug to them Even though these humans were going to die we were still there to stop them from being slaughtered That was when I seen the woman who would later become my wife Julie she had shoulder length light brown hair and sad brown eyes the feelings I had were instant Her eyes haunted me every second from the moment I seen her It wasnt just sexual desire it was a desire to look after her to be there for her to never leave her There were obstacles that I had to overcome but in 1637 I made her my wife After she was changed we discovered that Julie could sense feelings My life now had purpose she was everything and she felt the same for me Together we worked at healing both Demons and Humans Normally that is where it would stop we change our mate but Julie and I were different In 1665 the plague had hit London The Vampire returned and so did the Guard Julie had noticed a young man who was angry lonely and deeply upset with himself His family became ill with the plague Julie and I nursed them until their eventual deaths The young man Jonathon became more emotional and was on a path of self destruction he had an ability that he Skin Mo Hayder,2011 Originally published London Bantam Press 2009

Anni's Cancer Companion Anni Matthews,Karol Sikora,2011 A guide to making sense of the orthodox treatments complimentary therapies and psychological spiritual and holistic options on offer to cancer sufferers Apocalypse Cow O.R. Sorrel,2024-06-06 Mel is the only out lesbian at school and desperately loves Sasha but her feelings aren t reciprocated so when she becomes stuck in a mansion with only Dorian and school bully Ella for company her survival relies on these two will she ever see Sasha again or will love appear from an unexpected source **Discovery Through Activity** Sue Parkinson,2022-01-05 Discovery Through Activity provides a compendium of ideas resources and practice evaluations that will inspire practitioners to be even more imaginative and to customise their own Recovery Through Activity programmes to meet the specific needs of participants The original Recovery Through Activity handbook offers a flexible programme that is widely used in adult mental health settings This accompanying and complementary resource shows how the intervention has been extended adapted and applied service wide The resource showcases the work of a growing community of practitioners who have successfully facilitated Recovery Through Activity programmes to provide a forum for people to reflect on their occupational lives and discuss and practise lifestyle choices that will enable them to improve their health and wellbeing It

includes an extended range of flexible ideas and resources to meet the needs of participants in Recovery Through Activity sessions examples of how to apply Recovery Through Activity in one to one sessions and virtual groups encouragement to adopt Recovery Through Activity across your services with confidence With contributions illustrating the effective application of Recovery Through Activity in a range of settings and situations this is a valuable resource for occupational therapists and other practitioners in mental health settings

Barra Creek Di Morrissey,2011 Di s 12th novel opens in New Zealand in the 1960s The Mitchell family has run a prosperous sheep farm for generations and the youngest daughter Sally has just turned 20 She rides to the hounds and leads an indulged life That is until she shocks her parents by becoming involved with an older man Scandalised they try to pack her off to England but Sally doesn t make it After a wild spree in Sydney she has cashed in her ticket and hell bent on adventure takes a job as a governess on a remote cattle station Barra Creek in the Gulf country of Cape York Untamed and crocodile infested it is a land of deserts jungles and wide rivers Then the great stations were run by men who were loners and women who had to cope or leave Decades later in 2003 Sally learns a secret that will change many lives including her own and leave readers horrified on one hand and smiling and crying on the other

Why Must I Wash My Hands? Jackie Gaff,2005 Looks at the importance of keeping your whole body clean as well as explaining how soap works and why germs are harmful Suggested level primary

This Is Me Katie Price,2024-07-18 AN EXPLOSIVE READ GET READY FOR TRUTHS AND BOMBSHELLS Staggeringly honest Katie is one of showbusiness s great survivors Bryony Gordon Katie is the best storyteller Jamie Laing Katie is a survivor Elizabeth Day Celebrating twenty years since her bestselling debut autobiography Being Jordan and a stellar thirty year career This Is Me is Katie Price as you ve never heard her before raw and reflective Katie explores the incredible highs and devastating lows of her life and turbulent career as well as the journey she s been on to get to where she is today From her first forays into glamour modelling when she was just 17 years old through a wild ride of Playboy mansions Eurovision Song Contests reality TV and everything in between This Is Me is the true story of Katie s life behind the headlines But it s not all glitz glam and cosmetic surgery For the first time Katie will reflect on her journey through therapy PTSD trauma and the trials of living her life in the media spotlight It s a true tale of survival during a career that has seen her become a household name sometimes for all the wrong reasons But though this is Katie in her most reflective book to date it s also punctuated with the very real drama she s been dealing with in her life at the moment Full of life lessons she s learned along the way as well as the pain and heartache of the ones she s still learning this is the real explosive and unapologetically honest Katie Price

Official Gazette of the United States Patent and Trademark Office ,2006

Get Some Exercise! Angela Royston,2003 Explains how the parts of the body work together pointing out the main organs and muscle groups used in ball games dancing and chores and the rewards of exercise and rest for health and quality of life

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