

DAILY ADVICE

march glow up day 27 🦋

MORNING

- 7:00am - wake up
- 7:10am - shower
- 7:30am - get dressed
- 7:40am - have breakfast
- 8:00am - skincare
- 8:20am - do hair
- 8:40am - go on socials
- 8:50am - workout

WORKOUT

- 30 jumping jacks
- 50 squats
- 30 jump squats
- 20 glute bridges
- 25 arm circles
- 30 leg lifts
- 25 crunches
- 2 min wall sit

EVENING

- 5:00pm - have a snack
- 5:30pm - go for a walk
- 6:30pm - have dinner
- 7:00pm - family tv
- 7:30pm - read a book
- 8:00pm - netflix
- 10:00pm - sleep

Morning Routine Sleep Hacks Price

Sharon Lee, Steve Miller



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you how your brain works Mind Performance Hacks shows you how to make it work better *Agent of Change: Thirtieth Anniversary Edition* Sharon Lee, Steve Miller, 2018-11-06 Now with an a new afterword by authors Sharon Lee and Steve Miller THIRTY YEARS AND COUNTING The 30th Anniversary edition of Agent of Change Sharon Lee and Steve Miller s rousing intro to the star spanning Liaden Universe IT STARTS WITH A MAN WHO WAS NOT WHAT HE SEEMED The man who was not Terrence O Grady had come quietly Introducing Val Con yos Phelium interstellar spy starship pilot musician and incidentally a brother to Clutch Turtles Running from an assassination he comes upon Miri Robertson a not so retired mercenary soldier born to trouble on a back world and facing disastrously uneven odds in a firefight with her former employer s enemies Forced to intervene Val Con becomes a target himself and the pair are hunted hounded across space becoming unwilling partners of necessity Facing terrible danger from within and without their own skills and training argue that one of them must die if either is to survive But Val Con has faced tricky situations before and he s not about to let something like impossible odds get him down At the publisher s request this title is sold without DRM Digital Rights Management **Agent of Change** Sharon Lee, Steve Miller, 2007-02-14 LEE AND MILLER STRIKE SPACE OPERA GOLD Robin Wayne Bailey Once a brilliant First in Scout Val Con yos Phelium was recruited by the mysterious Liaden Department of Interior and brainwashed into an Agent of Change a ruthless covert operative who kills without remorse Fleeing the scene of his latest murderous mission he finds himself saving the life of ex mercenary Miri Robertson a tough Terran on the run from a team of interplanetary assassins Thrown together by circumstances Val Con and Miri struggle to elude their enemies and stay alive without slaying each other or surrendering to the unexpected passion that flares between them At the publisher s request this title is sold without DRM Digital Rights Management I was mesmerized auued and totally entertained I am hooked by the Liaden world Brauo Mary Balogh Full of action exotic characters plenty of plot and even a touch of romance OUTSTANDING Booklist You may never care about a cast of characters more or await their return with more anticipation SF Site *The Inner Clock* Lynne Peeples, 2024-09-24 How the groundbreaking science of body clocks can help you sleep better feel happier and improve your overall health The Inner Clock explores the strange new science of why your circadian rhythms fall out of sync and how to get them back on track to live a happier healthier life JAMES NESTOR BESTSELLING AUTHOR OF BREATH Your body contains a symphony of tiny timepieces synchronised to the sun and subtle signals in your environment and behaviour But modern insults like artificial light contrived time zones and late night meals can wreak havoc on your internal clocks Armed with advances in biology and technology a circadian renaissance is reclaiming those lost rhythms The Inner Clock explores the emerging science and its transformative applications How could taking a walk in the morning and going to bed at the same time each night keep your body in sync Why are some doctors prescribing treatments at specific times of day And how might a better understanding of our circadian rhythms improve educational outcomes optimise sports performance and support the longevity of our planet Science journalist Lynne Peeples

seeks out the scientists astronauts athletes and patients at the forefront of a growing movement Along the way she sleeps in a Cold War era bunker chases the midnight sun spits into test tubes and wears high tech light sensors to decipher what makes our internal clocks tick and how we can reset them for the better **The Agent Gambit** Sharon Lee,Steve Miller,2011-01-04 Two space adventure novels in the popular Liaden Universe series in one Omni trade edition Agent of Change Once a brilliant First in Scout Val Con yos Phelium was _recruited by the shadowy Liaden Department of Interior and brainwashed into an Agent of Change a ruthless covert operative who kills without remorse Val Con has been playing a deep game far from the orderly life of clan and kin Fleeing his latest mission he saves the life of ex mercenary Miri Robertson a Terran on the run from interplanetary assassins Thrown together by circumstances Val Con and Miri struggle to elude their enemies and stay alive without killing each other or surrendering to the unexpected passion that flares between them Which name _ or face _ will the agent choose when the game gets tough and an escape for only one of them seems possible Carpe Diem On the run from interplanetary assassins and a ruthless interstellar crime cartel covert operative Val Con yos Phelium and former mercenary sergeant Miri Robertson formed an alliance of necessity and wound up stranded on a planet with no rescue in sight Their on world problems were looking manageable after they assumed new identities as musicians that is until a local war forced them to reveal their alien combat skills _ and doubt their own growing partnership of trust and love By then the relentless hound of an agent on Val Con s trail was closing in with the very weapon Val Con and Miri most feared and the game got very rough indeed At the publisher s request this title is sold without DRM Digital Rights Management _I rarely rave on and on about stories but I am devoted to Lee and Miller novels and stories Anne McCaffrey **Yoga Journal** ,1993-03 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 Farmer's Weekly ,1934 **Normal Instructor and Primary Plans** ,1926
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