

High Protein



High Fibre



Low Sugar

Fantasy Football Protein Breakfast Deal

Lingsheng Yao

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

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Dreams of the Overworked Christine M. Beckman, Melissa Mazmanian, 2020-06-09 A riveting look at the real reasons Americans feel inadequate in the face of their dreams and a call to celebrate how we support one another in the service of family and work in our daily life Jay's days are filled with back to back meetings but he always leaves work in time to pick his daughter up from swimming at 7pm knowing he'll be back on his laptop later that night Linda thinks wistfully of the treadmill in her garage as she finishes folding the laundry that's been in the dryer for the last week Rebecca sits with one child in front of a packet of math homework while three others clamor for her attention In *Dreams of the Overworked* Christine M Beckman and Melissa Mazmanian offer vivid sketches of daily life for nine families capturing what it means to live work and parent in a world of impossible expectations now amplified unlike ever before by smart devices We are invited into homes and offices where we recognize the crushing pressure of unraveling plans and the healing warmth of being together Moreover we witness the constant planning that goes into a good day often with the aid of phones and apps Yet as technologies empower us to do more they also promise limitless availability and connection Checking email on the weekend monitoring screen time and counting steps are all part of the daily routine The stories in this book challenge the seductive myth of the phone clad individual by showing that beneath the plastic veneer of technology is a complex hidden system of support our dreams being scaffolded by retired in laws friendly neighbors spouses and paid help This book makes a compelling case for celebrating the structures that allow us to strive for our dreams by supporting public policies and community organizations challenging workplace norms reimagining family and valuing the joy of human connection

Pleasure in His Kiss Pamela Yaye, 2018-06-01 They're living their most passionate dream But will her scandalous secret cost her his love Beauty blogger and owner of the Hamptons hottest salon Karma Sullivan has been swept off her feet by judge Morrison Drake But she knows their passion filled nights must end She can't let her family secret derail Morrison's ambitious career plan Even if it means giving up the man she loves **Be the Dad She Needs You to Be** Kevin Leman, 2014-05-20 From the New York Times best selling author of *Have a New Kid by Friday* comes a call to dads to step up to the plate and become the loving actively engaged father that a daughter needs for life and relational success The relationship that matters most to your daughter isn't always the one with her mother sometimes it's the one with you Dad Her self esteem choices behavior character and even her ideas about or choice of a marriage partner are all directly tied to you as the most important representative to her of the male species In *Be the Dad She Needs You to Be* Dr Kevin Leman internationally known psychologist New York Times best selling author and father of four daughters will show you not only how to get the fathering job done and done well but also how to Make each daughter feel unique special and valued Discipline the right way when it's needed Talk turkey about what guys are really thinking Keep the critical eye at bay Wave the truce flag when females turn your family room into a battleground Set your daughter up for life and relational success

With some effort on your part you can gain the kind of lasting relationship you dream of with your daughter one based on mutual love and respect The simple yet profound suggestions in this book will transform you into the kind of man your daughter needs for a lifetime World Wide Web Yellow Pages ,1996 **The Magazine** Leonard Mogel,1998 For 20 years this book has been in the forefront as the prime source of information on succeeding in the magazine business Leonard Mogel shares his expertise gained from more than 35 years of magazine experience in this thoroughly revised and updated full color edition It is an excellent primer for starting a magazine and also provides the facts figures and concepts needed to enter and become successfully employed in the magazine business Features include fundamentals of how to prepare a dummy issue and write a business plan descriptions of job opportunities in the various phases of magazine publication and candid interviews with industry leaders as well as case histories of failures and successes SRDS Consumer Magazine Advertising Source ,1999 The New York Times Index ,2008 Consumer Magazine & Agri-media Source ,1994-04

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New Statesman ,2001 **Radio Times** ,1960

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