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Annelies Wilder-Smith



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Just Add Water Sarah Henshaw, 2023-02-02 An inspiring guide to activities and adventures to re energise and boost your mood by our rivers lakes and canals While Britain s rivers lakes and canals have long been co opted by fitness enthusiasts for the physical benefits they can bring it s only relatively recently that we ve given much thought to their impact on our mental state too Blue health the idea that having access to an area of water can benefit a person s whole wellbeing is gaining traction These waterside places are fundamental to the kind of stuff people now realise they need in their lives exercise solace natural beauty and new places to socialise with so many of them on our doorstep Just Add Water is your guide to the many mood boosting and wellbeing activities adventures and escapes that our inland waterways have to offer Nearly 200 destinations are featured organised into 15 core activities covering the length and breadth of the UK making this the ideal companion for anyone planning a day trip or boating holiday Expert journalist Sarah Henshaw explains how the activities can re energise inspire and relax weaving their wellbeing benefits with practical information to help you get the most out of each experience Accompanied by stunning images the handbook includes everything from mudlarking to wild swimming fishing to foraging towpath hedgerows paddleboarding to learning how to paint canal folk art There are also inspirational first hand accounts of the many ways our waterways have made a difference to people s day to day lives including a high flying exec who finds commuting by water a great way to manage stress This guide showcases the multiple ways to be on in under or next to water and how it can enhance the whole spectrum of lived experience **Billboard**, 2001-07-28 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Osteo Pilates** Karena Thek Lineback, 2003 Health and exercise Get in shape the osteopilates way **Google** Sarah Milstein, J.D. Biersdorfer, Matthew MacDonald, 2006-03-10 A guide to Google provides information on search techniques the Google toolbar preparing a Web site for Google Gmail Google groups and Google AdSense **Spa**, 2001-03 Ebony, 2005-05 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *You, Only Better* Nicholas Bate, 2013-10-03 If you want to be happy fulfilled and energised it s probably best not to obsess over being THE best Why not focus on doing YOUR best You don t need to completely transform yourself and become a shining beacon of wonderment and astonishing success you should remain you just a better version You Only Better is all about discovering what you re good at and focusing on that It s about deciding what it is you really want from life and learning how to reach your full potential Packed with the author s hand drawn illustrations helpful quotes mini case studies and Q As you ll learn how to change your mindset for the better and think positively take action to achieve your goals fight against fatigue and get motivated and achieve long lasting happiness and contentment You Only Better offers

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