

Morning Routine



hydrate



detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

Morning Routine Venmo How To

David Baud

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Morning Routine Venmo How To:

Womanese Manglish Conrad Riker, 101-01-01 Tired of Playing Beta in a World Rigged Against You Sick of being punished for masculine traits while women demand provider behavior Done getting manipulated by emotional tests disguised as equality Tired of being the disposable gender in a system that rewards male weakness Reverse engineer female communication to exploit biological attraction triggers Weaponize frame control to make her justify your value Neutralize shit tests using tactical indifference not simp logic Hijack social proof to position yourself as the prize not the pursuer Master dominance rituals that bypass woke programming in women Replace emotional pandering with unapologetic sexual tension escalation Trigger primal competition anxiety in women using dread calculus Replace vulnerability with unbreakable outcome independence If you want to turn feminist dating rules into rubble and make women fight for your attention buy this book today Weak men read chapters alphas take territory Sunny Side Up Katie Sturino, 2025-06-24 An instant USA Today bestseller As seen on CBS Mornings The Today Show and New York Times Style comes a sexy laugh out loud romcom that is the most fun you ll have this summer You ll fall in love with Sunny a modern day Bridget Jones without the toxic self loathing Jennifer Weiner A clever and stylish ride New York Times The Summer s Best Beach Reads Escape into a world of designer clothes and trendy NYC restaurants where career dreams come true at the drop of a hat preferably by the pool in a flattering swimsuit Oprah Daily Best Summer Reads of 2025 Sunny Greene is thirty five recently divorced facing the looming prospect of going solo to her little brother s wedding and currently trying to find anything plus sized in the Bergdorf Goodman swimsuit department that doesn t make her want to cry It s not going well But isn t rock bottom the perfect place to start a climb She decides it s now or never Sunny has her PR empire her gorgeous Chelsea apartment her two dogs and her loyal best friends Maybe it s time to just love her body and accept herself for who she is With a new commitment to confidence her journey begins Who says a plus sized divorcee can t put herself first feel beautiful and date up a storm Of course things are never straightforward in the dating world Is fate knocking at her door with Dennis the charming and down to earth mailman or should she be with Ted the business tycoon who seems ready to make her size inclusive swimsuit brand a reality And what should she do about her ex who shows up unexpectedly eager to reconnect With the same candor and confidence her followers love Sturino presents her debut novel and brings us Sunny Greene a Carrie Bradshaw for the next generation Readers will fall in love with Sunny and root for her journey through the trials and triumphs of dating friendship and finding yourself **Exposed** Conrad Riker, Are You Tired of Being Played This Book Is Your Wake Up Call Ever feel like marriage the courts or the media are rigged to strip you of power wealth and dignity Why do equality movements vilify masculinity while exploiting male labor and sacrifice What if you could dismantle the lies and reclaim control over your life Unmask the hidden agendas behind progressive policies gutting male autonomy Discover how divorce courts feminist dogma and woke corporations profit from your suffering Learn the evolutionary truths feminists don t want men to understand Break free from

the beta provider trap and financial cuckoldry Decode the media s war on masculinity and its toxic double standards Arm yourself with data backed strategies to protect your assets sanity and legacy Resist the gynocratic state s crusade to erase male authority Join the growing movement of men refusing to kneel If you want to escape the matrix of modern corruption reclaim your sovereignty and ignite the Alpha within buy this book today **The War on Men** Conrad Riker,101-01-01

Tired of Being the System s A T M Ever wonder why I do often becomes I ll destroy you Sick of trading your paycheck for a sexless resentful roommate Ready to stop being feminism s collateral damage Why 72% of divorces are female initiated and how to dodge being another statistic The legal hacks wives use to drain your bank account and how to armor plate your wealth How beta provider men get punished for playing by rigged rules The 5 year loyalty expiration date Why her attraction always fades and what replaces it Offshore accounts prenups and the gray man strategy Financial warfare for men Dead bedrooms decoded Why she withholds sex and how to reclaim power Courtside seats to divorce bloodsport Tactics to avoid becoming a paycheck slave From simp to sovereign Rebuild your life on your terms If you want to escape the marriage plantation with your wallet sanity and balls intact buy this book today *Why Beauty Matters* Conrad Riker, Why Are Modern Men Losing the Genetic Arms Race Why do women s biological instincts clash with their empowerment narratives Is your success sabotaged by society s war on masculinity What if everything you ve been told about equality is a lie Decode the hidden biological rules governing attraction status and dominance Reclaim power in a culture that pathologizes male ambition Unlearn the lies about toxic masculinity and master true sexual market value Discover why beauty isn t subjective it s a survival algorithm Reverse engineer status symbols to command respect wealth and desire Expose the double binds of toxic femininity and female hypergamy Learn why civilizations rise or fall based on their aesthetic standards Leverage evolutionary psychology to outcompete weak men and secure dominance If you want to dominate in a world that denies nature s laws buy this book today **Awe: Ritual Orphan** Adam Graves,2023-03-25 In the third book of Awe Ritual Orphan we follow Sha Asha La Kala and the others from homelessness into hospitalization What will become of them when all is lost Rather than subsiding they are instructed by Para and Tara of their cause their purpose Would death be any easier But to live because you are now alive not yet dead They enter a deep existential inquiry always with each other **Crying Poor Me Feminism** Connie Riker,101-01-01 Tired of Men Gaslighting Your Genius Crush Their Logic With the Unholy Fire of Female Truth Do men dismiss your intuition as irrational while stealing your ideas to build their empires Are you exhausted from performing emotional labor for partners who weaponize your vulnerability Why waste energy debating oppressors when you could burn their systems to ash and rebuild a matriarchy Unlock the evolutionary power of female rage your anger isn t a flaw it s a weapon Arm yourself with Satanic wombs and sacred abortions to defy patriarchal control Reclaim witchcraft as economic warfare against men hoarding wealth and credit Expose the male cult of mediocrity their logic is a smokescreen for theft Transform heterosexuality from captivity to conquest make men pay literally Master double binds that trap men in no

win scenarios they deserve it Replace male genius with A I matriarchs and watch civilization finally thrive Guilt free misandry Hate them better with data backed sanctimony If you want to profit from men s extinction while laughing at their tears buy this book today The revolution is a pyramid scheme and you re at the top **Blockcraft's Principals** Conrad Riker, Stop Wasting Time Gaming Start Dominating Reality Sick of being told your masculinity is toxic while society expects you to sacrifice everything Tired of games feeling like escapism instead of training for real power Ready to crush weakness and build unshakeable success like a man Transform pixel perfect strategy into real world dominance Leverage Minecraft s survival mechanics to forge mental toughness Ignore feminist lies embrace biological truths about male leadership Turn resource gathering into wealth building discipline Use in game creativity to design a life free from gynocratic control Replace woke victimhood with rational redpilled resilience Master the block by block method for unstoppable personal growth Weaponize gaming hours into a tactical advantage If you want to quit losing and start ruling your world then buy this book today The Protective Intelligence Advantage Fred Burton, Scott Stewart, 2025-10-24 The world reacted in horror to the graphic security camera footage of United Healthcare CEO Brian Thompson being gunned down on a Manhattan sidewalk as he was on his way to attend a scheduled investor conference Contrary to many reports his murder was not the first attack against a CEO on American soil and it won t be the last Since this murder has already spawned copycat attacks The Protective Intelligence Advantage Mitigating the Rising Threat to Prominent People is especially needed at this moment in time In it the authors outline various case examples of other executives VIPs and high profile figures who were victims of such attacks The goal is to learn key elements from them then outline exactly how individuals and security teams can utilize protective intelligence tools and their own behaviors mindfulness and awareness to protect themselves and their families from threats and imminent harm This book will detail the essential security and awareness tools that any executive can learn what the authors dub protective intelligence led security a model they designed Since 1998 the authors have trained billionaires and Fortune 100 protection teams on the concept After a lifetime of investigating attacks on high profile persons heads of state and celebrities and training others to prevent them the authors will be the first to examine the murder of Brian Thompson in detail and use the lessons learned from that attack and others to illustrate how protective intelligence can be used to identify threats and prevent attacks *From Telegraph to Telephone* Conrad Riker, Why did instant communication demand ruthless logic and why did women fail to keep up How did a single telegram trigger wars that killed millions and made empires What secrets did men weaponize in Morse code to conquer nations and should you Expose why emotional communication styles sabotage leadership Learn why 92% of telegraph operators were men and why it mattered Discover the fatal flaw in female driven cryptography Steal the psychological tactics of industrialists who ruled via midnight phone calls Uncover why diplomatic clarity caused more wars than lies ever did See how beta inventors lost fortunes by hesitating and what it costs you today Reverse engineer the Darwinian strategies behind Morse code s global takeover Master the

unapologetic language of command that built and burned empires If you want to strip weakness from your communication and wield influence like a warlord buy this book today **Das perfekte Verbrechen. Life is a Story - story.one** Stefanie Grötzner,2022-02-14 Es reicht Er schlägt mit der Faust auf den Tisch Da er alleine ist hört es niemand aber er muss seiner Wut einfach einmal Luft machen Er ist ein beherrschter und ruhiger Mann doch nun hat sein Arbeitgeber das Fass zum berlaufen gebracht Seit zwanzig Jahren arbeitet er für den Energieversorger Nicht einen Tag in diesen zwanzig Jahren war er krank oder hatte mehr als seinen ihm zustehenden Jahresurlaub genommen Er ging nie auch nur eine Minute für her oder kam zu spät Mad in Mississippi and Rain Down on Me Sharon Sala,2024-11-15 From a New York Times bestselling author two novellas featuring southern women who have loved and lost and are surprised by a second chance at romance Mad in Mississippi Bitsy Yarborough believes she's played her cards right by marrying her high school sweetheart and settling down to a sweet life in her small southern hometown Until she discovers on the night of her fifteenth wedding anniversary no less an unrecognizable lipstick shade on her husband's collar and a blue pop off nail in his tighty whities Shocked to the core Bitsy knows revenge is the only answer for the scoundrel she vowed to love forever So she hires local PI Fisher Means to help build a case against her cheating husband and his harem of hussies Only to discover she might have a few tender feelings left in her heart for a man who is most definitely not her husband Rain Down on Me A life of solitude in a remote cabin in the Ozarks is all Skye Raley wants after the devastating loss of her husband Until the self sufficient widow encounters a man stumbling across the road in a thunderstorm injured and in need of care Once Skye opens her home to Max Bridger healing his wounds and hearing the stories of his own lonely life she discovers a connection to the rugged military man she never dreamed she'd have again But once the rain stops and Max returns to his world will her heart ever be content again Sharon Sala is a consummate story teller If you can stop reading you're a better woman than me 1 New York Times bestselling author Debbie Macomber *I Graduated: Now What?* Amanda McLaughlin,2024-10-29 Learn essential life skills set goals and ace adulting after graduation Becoming a grown up is no easy feat Many new grads find themselves wondering How do I find a place to live How do I land a job interview How do credit cards work Whether this is you or you know someone at this exciting but challenging stage of their life worry not help is on the way This book gives you the basics and more to face the real world head on I Graduated Now What offers Guidance on essential life topics like home money work career relationships setting goals and structuring your time Filled with inspirational quotes checklists and off the page prompts to give new grads the tools they need to survive and thrive at adulting Packed with useful tips and bite sized hacks at the end of every section from DIY repairs to how to level up in your career The ideal graduation gift The guide you wish you had when you entered the real world perfect for any student about to graduate just graduated or even a few years out of high school or college Practical meets inspirational in this essential guide to building your best life in adulthood Applied Marketing Rochelle Grayson,Daniel Padgett,Andrew Loos,2023-10-23 Tomorrow's professionals need a practical customer centric understanding

of marketing's role in business and critical thinking skills to help their organizations succeed *Applied Marketing 2nd Canadian Edition* helps students learn practical modern marketing concepts appropriate for the Principles of Marketing course by applying them to the latest business scenarios of relatable brands This comprehensive yet concise text is co-authored by Professors Rochelle Grayson and Daniel Padgett and practitioner Andrew Loos and it blends current academic theory with an agency owner perspective to help students get an insider's look at how top businesses operate With many Canadian specific examples students can relate concepts learned in the classroom to marketing topics and events taking place in their backyard

Man's Guide to a Fulfilling Marriage and Family Life Conrad Riker, Trapped in a Marriage War Unleash Your Leadership Now Got a wife who attacks you instead of respecting you Is she abusive defiant and utterly dismissive of your role Are you exhausted by gossip cruelty and zero civility Feel like a slave on feminism's plantation Stop abuse dead using battle tested strategies Apply biblical truths to command respect instantly Crush defiance with evolutionary science facts Laugh at woke lies while reclaiming power End covert attacks and toxic gossip for good Lead like an alpha no apologies no weakness Escape gynocratic oppression permanently Transform marriage chaos into godly order If you want to dominate your home and end her rebellion buy this book today

Raising Awe-Seekers Deborah Farmer Kris, 2025-05-27 A truly inspiring book for parents and caregivers and for the kid inside us all What if helping boost kids mental and emotional well being strengthen their social ties and support their curiosity and internal motivation were as simple as rediscovering awe Through research interviews and personal stories Deborah Farmer Kris explores how awe and wonder can and should be a part of every childhood and how becoming an awe seeker can change your life and your parenting in profound and concrete ways Plenty of parenting resources speak directly to the concerns facing children and teens including intense pressure to achieve how to navigate social media and the online world struggles with focus and motivation spiking rates of anxiety and disordered eating and worries about climate change political strife global crises and local injustices Rather than focusing on the challenges or telling you how to raise kids this book structured around seven of the most common sources of awe identified by Dacher Keltner and other awe researchers aims to reconnect you with something fundamentally human the capacity to wonder With the curiosity of a reporter and the heart of a parent and with plenty of humor and honesty Farmer Kris breaks down the science of awe connecting the research to what we know about how kids learn and grow and anchoring it with four of her personal parenting tenets that dovetail with awe seeking Slow down childhood Embrace playtime downtime and family time Practice radical curiosity Become an awe seeker yourself In these pages you'll hear from experts and read stories and observations from the author's experiences as a parent and educator of two decades Words from other parents and from young people themselves round out the chapters and underline the importance of bending kids worlds toward wonder You'll also find concrete strategies and resources from activities to booklists to help you take what you've learned apply it to your parenting and share your wonder with your children

Womb for Rent LJ Smith, 2022-10-04 Twenty

eight year old Carrie Sansone has been losing hope that her streak of bad luck would ever turn around She s an alcoholic she s struggling financially and after a stint in rehab following a DUI that totaled her car she s desperate to prove to herself and to everyone in her life that she s a good and worthwhile person Then a job opportunity falls in her lap a wealthy couple want her to serve as a surrogate and carry their baby for them Despite the misgivings of her friends family and therapist Carrie goes ahead with the surrogacy But the pregnancy and the relationship with the intended mother don t go as expected As tension rises between her and the intended parents Carrie s world gets turned upside down and she must face the truth about herself before she can take on the biggest challenge of her life In this novel a young woman who takes a job as a surrogate mother for a wealthy couple finds herself facing complications from multiple sources including her own struggles with alcohol

Wedding Dashers Heather McBreen,2025-01-28 After a case of mistaken identity and an almost one night stand two stranded wedding guests have to find their way to their final destination together in this riotously fun debut romance Ada s little sister is getting married Which should be a happy thought right But the once close sisters have been in a year long fight the wedding is all the way in Ireland and Ada is so broke that she just barely managed to get a ticket on a budget airline And as if things couldn t get worse said airline just cancelled her connection Which means Ada is stuck in London with no way to make it to the wedding Surely she s hit rock bottom So there s no reason for her not to spill her heart out about the over the top wedding her sister s worryingly quick engagement and the womanizing best man she s dreading meeting to a handsome also stranded stranger at the bar Until she realizes the stranger is headed to the same wedding Oh and he s the infamous best man Now Jack and Ada must put their simmering attraction behind them to make it to Belfast before they miss the nuptials But between flat tires missed trains and suspect hostels Jack and Ada start to question whether their feelings are worth going the distance or just a distracting detour along the way *Private Listing: Watch Me* C.S.

Berry,2024-05-13 My new job is more than I bargain for Four demanding billionaire bosses Four gorgeous men who make me feel more than I could ever imagine If I sign on the dotted line they say I ll be theirs Theirs to protect Theirs to have Theirs to dominate New apartment New wardrobe Everything I could possibly need they take care of Looking across the conference room table my choice is already made for me The ink isn t even dry before I let myself fall Watch Me is a Why Choose billionaire romance with heroes who will do anything to protect and pleasure their heroine originally published as part of the 1 Private Listing series on Kindle Vella Watch Me is the first book in the Private Listing series an expanded edition

Happy Place Emily Henry,2023-04-25 1 NEW YORK TIMES BESTSELLER A couple who broke up months ago pretend to still be together for their annual weeklong vacation with their best friends in this glittering and wise novel from 1 New York Times bestselling author Emily Henry The beach read master hooks us again People Harriet and Wyn have been the perfect couple since they met in college they go together like salt and pepper honey and tea lobster and rolls Except now for reasons they re still not discussing they don t They broke up five months ago And still haven t told their best friends Which is how

they find themselves sharing a bedroom at the Maine cottage that has been their friend group's yearly getaway for the last decade. Their annual respite from the world where for one vibrant blissful week they leave behind their daily lives, have copious amounts of cheese, wine, and seafood, and soak up the salty coastal air with the people who understand them most. Only this year, Harriet and Wyn are lying through their teeth while trying not to notice how desperately they still want each other. Because the cottage is for sale and this is the last week they'll all have together in this place. They can't stand to break their friends' hearts, and so they'll play their parts. Harriet will be the driven surgical resident who never starts a fight, and Wyn will be the laid-back charmer who never lets the cracks show. It's a flawless plan if you look at it from a great distance and through a pair of sunscreen-smeared sunglasses. After years of being in love, how hard can it be to fake it for one week in front of those who know you best.

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