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Pilates has a reputation for being a glorified stretching session, but that misconception couldn't be further from its origins. Invented by German self-defence instructor and professional boxer Joseph ...

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From James Bond gals to Bardot, Elizabeth Taylor and even Bo Derek, one-piece swimwear has proven to be the stuff of legends.

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Freedom day 2.0 is fast approaching, as are summer holidays and relaxed travel rules – but with so much uncertainty and last-minute changes of plan, you'd be forgiven for not being quite as prepared ...

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Restructuring and insolvency trade body R3 has launched a free guide for company directors that explains how to spot signs... | Law | North East | Management | Finance | Finance | Enterprise | Business ...

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### ~~Let science and the global health body be vaccines guide~~

To mark the opening of the exhibition La Place des Grands Abysses at Uillinn: West Cork Arts Centre, art historian Sarah Kelleher and artist Stephen Brandes will informally discuss the exhibition ...

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I have spent my entire adulthood being an overachiever, all in the hopes to garner that love and acceptance from a man that no longer exists on this earth.

### ~~From Surviving to Thriving: A Daughter's Guide to Healing her Heart.~~

Tending to unruly body hair can be tricky and time-consuming, leading to many putting it off. Fortunately, there are now many multipurpose tools available, ready to serve all hair removal needs. From ...

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Travel is back, and summer sojourns are in full swing. Exciting, yes,

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but the joy of adventure is tempered with a bit of worry and confusion about varied restrictions, rules, and regulations. To help ...

~~Summer Sojourn Essentials: A Guide to Traveling with CBD~~

Teachers and administrators will get in free at Typhoon Texas to celebrate Educators Day on Tuesday. The water park announced Tuesday educators can enjoy a full day of raft rides, tube slides, body ...

~~Teachers Get In Free At Typhoon Texas~~

Here's this week's Tuesday edition of the Daily Dot's Internet Insider. We take a look at cops handing over body cam footage for free lassos.

~~Tech newsletter: Cops get free electric lassos for handing over body camera footage~~

K5 you choose, sporty looks come standard. But what are the differences among its five trim levels, and which is the best for you?

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~~Scarlet Nexus Wiki Guide~~

Try something lyrical and daring ...

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