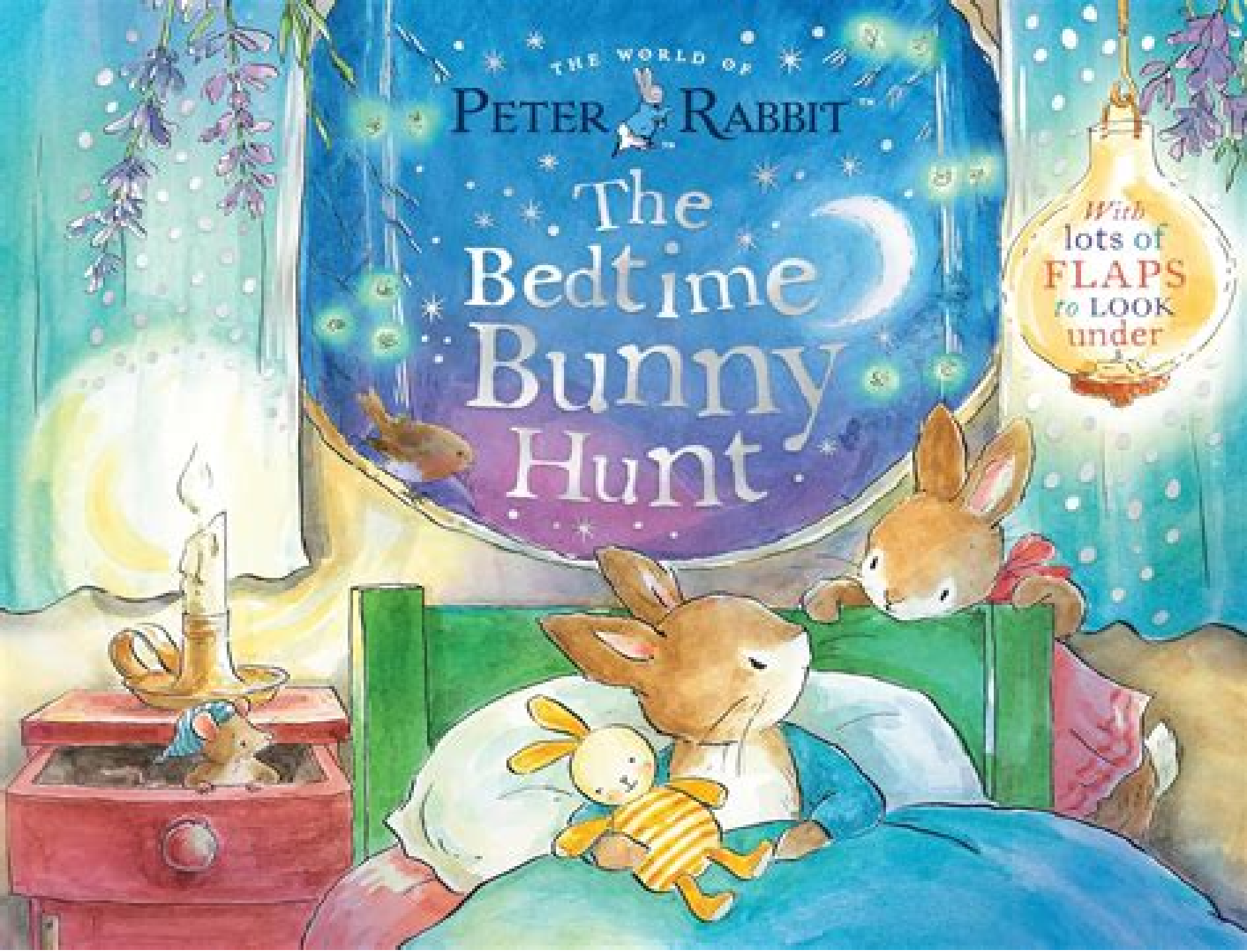


THE WORLD OF
PETER RABBIT

The Bedtime Bunny Hunt

With
lots of
FLAPS
to LOOK
under



Peter And His Magic Bedtime Cap

JE Gale



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No Kiss Good-Night Kevin Zdrill,2012-07 The day of his thirty ninth birthday relationship counsellor Gus Adams was completely alone He was supposed to have a birthday bash surrounded by friends and coworkers but everyone cancelled for this reason or that Gus left with a silly Staples birthday banner and chilled champagne sans company realized he had no one upon whom to depend no one to love With sudden determination Gus decided to find love real substantial love before his dreaded fortieth birthday After all he knows how to make a relationship work He spent his career listening to other people talk about their relationships He knew what worked and what didn't but Gus hadn't been in a romantic relationship in over ten years since a heartless vixen tossed him out on the metaphorical curb A lot had changed over the past ten years Gus placed all his conviction into fast tracking his soul mate through the polished hands of a professional dating service Soon he'd be overwhelmed by free spirits who barely made it past date number one Following forays into adultery whip wielding seductresses extortion drinks spiked for male enhancement and a mandated admission to John School Gus wondered if he'd ever make it to date number two

The Morning Star Karl Ove Knausgaard,2021-09-30 Experience a major new literary universe in the making I read *The Morning Star* compulsively and stayed awake all night after finishing it Brandon Taylor Nine lives will be forever changed One long night in August Arne and Tove are staying with their children in their summer house in southern Norway Kathrine a priest is flying home from a Bible seminar questioning her marriage Journalist Jostein is out drinking for the night while his wife Turid a nurse at a psychiatric care unit is on a nightshift when one of her patients escapes Above them all a huge star suddenly appears blazing in the sky and so begins a series of mysterious events For these six and three others life is about to become ever more surprising and unruly Brilliant storytelling Independent Addictive Daily Telegraph Captivating Observer

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web jan 20 2023 whether you re running your very first marathon or you re trying to improve your personal best getting your nutrition right is key to maximising performance on the day we ve worked with james collins elite performance nutritionist to bring you a marathon meal plan aimed at the seven days leading up to race day

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web sep 21 2023 what to eat the morning of a marathon marathon morning is a little different than many of your long runs you can t simply eat and get going your best pre marathon meal is going to be a combination of the smart choices you made at dinner and now what you finalize on race morning

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web oct 26 2023 there are 19 aid stations for the marathon nine for the half marathon four for the 10km race and two for the 5km race allowing runners to focus on their performance with confidence it s advised for marathon runners to consume 5 10 ml of fluid per kilogram of body weight in the 2 4 hours leading up to the marathon to ensure optimal hydration