Karena Katrina Tone It Up

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are you ready to sweat tone nourish and empower your way to your fittest fiercest most fabulous body and life katrina scott and karena dawn the founders of the tone it up fitness and health brand have taken the world by storm with their fun energetic girlfriend to girlfriend approach to getting in shape to them being fit isn t just about looking smokin hot in a bikini but a whole body whole life way of being that starts with respecting your body and taking care of your beautiful amazing self inside and out with

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period under study 1818 1935

red white and blues a new anthology from the award winning editors of like thunder poets respond to violence in america and vespers contemporary american poems of religion and spirituality offers a chorus of contemporary american poets on the idea of liberty democracy patriotism and the american dream a twenty first century song of myself for the entire country the poems in red white and blues reflect our collective memory from icons of pop culture to national disasters and times of unrest yet they are

not simply reflections of the headline news or political diatribes of the day instead they provide roadmaps of american history roadmaps of where we ve been who we are and where we re going as a nation poets as diverse as martin espada and paisley rekdal j p dancing bear and vivian shipley seek to answer questions that resonate within the heart of our national identity what does it mean to be an american what is the american dream how does one define patriotism regardless of ethnicity gender or class each poet s answer to such questions proves that our experiences unite us more than they divide us red white and blues is an ambitious collection

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