



MY IDEAL

morning

@myjourney.app

ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



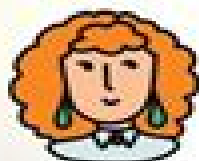
5. HOT BATH

7.15am



6. DRESS

7.25am



7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine World Series Top

BM King



Morning Routine World Series Top:

1978 David Krell, 2025-04 Americans struggled to find their footing in the late 1970s The Vietnam War ended with more than fifty eight thousand American soldiers deaths the public s trust in politicians plummeted amid the Watergate scandal As deadly blizzards ripped through the Midwest and Northeast in early 1978 and caused hundreds of millions of dollars in damages Americans turned to baseball for the welcome distraction and promise of a new season From spring training to the World Series 1978 gave baseball fans one of the sport s greatest seasons full of legendary moments like the battle between the New York Yankees and the Boston Red Sox for the American League East pennant Gaylord Perry s three thousandth strikeout Tom Seaver s only career no hitter Willie McCovey s five hundredth home run and Pete Rose s marathon forty four game hitting streak The 1978 season played out against a backdrop of disco music bell bottom pants and gas guzzling cars while Hollywood answered a desperate longing for a simpler time with nostalgic offerings such as Grease The Buddy Holly Story American Hot Wax Animal House and Superman Robin Williams became a household name with a guest appearance on the popular TV show Happy Days Atlantic City debuted its first casino and Jill Clayburgh symbolized the emerging independence of women in An Unmarried Woman In a memorable end to the baseball season Reggie Jackson and Bucky Dent led the Yankees to their second consecutive World Series over the Dodgers after losing the first two games then winning four in a row With a month by month approach David Krell breaks down major events in both baseball and American culture at large in 1978 chronicling in novelistic detail the notable achievements of some of the greatest players of the era along with some of the national pastime s quirkiest moments to capture an extraordinary year in baseball **Meredith Willson** John C. Skipper, 2015-01-12 Meredith Willson marched into the hearts of American music lovers with productions such as the The Music Man and The Unsinkable Molly Brown and unforgettable show tunes like 76 Trombones It is the amazing story of how a youngster with talent and tenacity possessed with what he would later call a streak of Iowa stubborn rose to become one of America s most famous musicians It is the story of a remarkable career in which Willson helped scientist Lee deForest in experiments that developed sound for motion pictures wrote the music for Charlie Chaplin s first talkie wrote a song recorded by the Beatles and won the first Grammy award ever presented John C Skipper is a newspaper journalist whose 35 year career has produced thousands of newspaper columns and five books John and his wife Sandi live in Mason City Iowa just a stone s throw from Willson s famous footbridge They have three grown daughters and one grandchild **Like a Meteor Blazing Brightly** Eric J. Wittenberg, 2016-04-30 Ulric Dahlgren was a brilliant ambitious young man who became the youngest full colonel in the United States Army at the age of twenty one yet died before his twenty second birthday This is the first biography of Dahlgren and thankfully it was penned by cavalry expert and award winning author Eric J Wittenberg Wittenberg s account chronicles Dahlgren s full life story with a deep look at his military career and extensive connections within the nation s capital all of which led to the climax of his life the notorious Dahlgren Raid Like a Meteor Burning

Brightly The Short but Controversial Life of Colonel Ulric Dahlgren is based upon a plethora of source material including previously unknown or little used archival sources Anyone interested in the Civil War in general or just a fascinating life well told will want this book on their shelf

Bucky Harris Jack Smiles,2011-07-25 In 1924 at the age of 27 manager and second baseman Stanley Bucky Harris aka The Boy Wonder led the Washington Senators to their only World Series championship His incredible debut season at the helm of the Senators marked the beginning of remarkable 29 year managerial career that earned him a spot in the Baseball Hall of Fame This detailed biography chronicles Harris s road to the top of his sport including his youth in the coal mining region of eastern Pennsylvania his brief stint in professional basketball his early days as a baseball player his 1947 world championship as manager of the Yankees and his role in the racial integration of both the Senators and the Boston Red Sox By highlighting Harris easy going nature and intelligence this profile makes it perfectly clear why one player being traded to Harris Senators declared Ask any ballplayer who he d like to play for and he d say Bucky Harris

World's Work ,1906 Yankee Stories Untold Rich Marazzi,2024-03-06 Rich Marazzi has experienced Yankee history and its culture first hand as a fan a writer for Yankees Magazine a radio talk show host umpire in the Old Timer s Day game for 16 years a writer for Mel Allen the long time voice of the Yankees and currently as a baseball rules consultant who was hired by general manager Brian Cashman in 2004 He was also trained by Bob Sheppard as a back up to the legendary Yankee Stadium public address announcer In this book Marazzi takes the reader inside Yankee baseball by covering life in the press box the dugout the clubhouse the umpire s room and more He compiles untold Yankee stories culled from interviews of many of the Yankee greats over the last seven decades including Mickey Mantle Yogi Berra Phil Rizzuto Don Mattingly Derek Jeter and more

The Literary World ,1897 **Baseball's Great Hispanic Pitchers** Lou Hernández,2014-11-19 Baseball has had many outstanding Latin American pitchers since the early 20th century This book profiles the greatest Hispanic hurlers to toe the rubber from the mounds of the major leagues winter leagues and Negro leagues The careers of the top major league pitchers to come from Central and South America and the Caribbean are examined in decade by decade portrayals culminating with an all time ranking by the author The grand exploits of these athletes backdrop the evolving pitching eras of the game from the macho complete game period that existed for the majority of the last century to the financially driven pitch count sensitive culture that dominates baseball thinking today

Moving Picture World and View Photographer ,1915 *The Best of Baseball Digest* John Kuenster,2006-01-18 Here s a baseball feast of some 150 articles drawn from the most popular baseball magazine of them all from the 1940s to the present The coverage is from the best writers the game has known including Red Smith Heywood Broun Arthur Daley Roger Kahn Leonard Koppett and Ira Berkow

The Railwayman ,1930 Literary Digest ,1919 **English Mechanic and World of Science** ,1921 **Electrical World** ,1906 **The Literary Digest** Edward Jewitt Wheeler,Isaac Kaufman Funk,William Seaver Woods,Arthur Stimson Draper,Wilfred John Funk,1919 We Played the Game Danny Peary,1994-04-07 This

incredible gathering of first hand remembrances brings a fascinating and enlightening new perspective to the period of baseball s greatest peak and ultimate turning point when bigotry and exploitation still ran rampant among the clubs and the sport was irrevocably being changed into a business 100 photos *The World's Cyclopedia of Science* ,1883 **Best Sports Stories** Irving T. Marsh,Edward Ehre,1958 The School Musician ,1929 **Time** Briton Hadden,Henry Robinson Luce,1926 Reels for 1973 include Time index 1973

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Morning Routine World Series Top Introduction

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same time," in an introduction to the paperback version of *Been Down.... Been Down So Long It Looks Like Up to Me* (Penguin ... The book is about young adults in their formative years, presumably intelligent but preoccupied with the hedonistic degeneracy of criminal underclass. Even ... *Been Down So Long It Looks Like Up to Me* A witty, psychedelic, and telling novel of the 1960s. Richard Fariña evokes the Sixties as precisely, wittily, and poignantly as F. Scott Fitzgerald ... Richard Farina - *Been Down so Long it Looks Like Up to Me* Sing a song of sixpence, pocket full of rye, Four and twenty blackbirds, baked in a pie, When the pie was opened, the birds began to sing Wasn't ... Richard Fariña's "*Been So Down It Looks Like Up to Me*" ... Apr 29, 2016 — Richard Fariña's *Been Down So Long It Looks Like Up to Me* turns fifty. ... I am gazing, as I write, at a black-and-white photograph of Richard ... *Been Down So Long It Looks Like Up to Me* (film) *Been Down So Long It Looks Like Up to Me* is a 1971 American drama film directed by Jeffrey Young and written by Robert Schlitt and adapted from the Richard ... *Been Down So Long It Looks Like Up to...* book by Richard ... A witty, psychedelic, and telling novel of the 1960s Richard Fari a evokes the Sixties as precisely, wittily, and poignantly as F. Scott Fitzgerald captured ... *Been Down So Long It Looks Like Up to Me* - Richard Farina Review: This is the ultimate novel of college life during the first hallucinatory flowering of what has famously come to be known as The Sixties. *Been Down* ...