

Giant Issue Woman's Day

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Recipe
Cards

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Lazy Person's Guide to
Housecleaning

"We Lost
567 Pounds"
You Can, Too

Feel Your Best
Every Day

Look 10 Years
Younger

Celebs'
De-Stress
Secrets

Waterslide
Cake
Plus 3 More
Adorable
Party Cakes
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U.S. \$2.79 CANADA \$3.79

womansday.com
100s of Recipes & Useful Tips

spunk (n.)

1 A lively or animated disposition

2 An energetic or brisk quality in a person's actions

SYNONYMS: Spirit, enthusiasm, guts

What counts is not necessarily the size of the dog in the fight—it's the size of the fight in the dog.



Astronaut Scott Kelly

Turn promotional classes of an enthusiastic Although students i rated him as n

put a little spring in your step

For a pick-me-up that doesn't involve copious amounts of coffee, try FRS Plus, a tasty new fruit drink created by Harvard Medical School scientists and nutritionists. It's packed with antioxidants and vitamins—and has only a third of the caffeine in a cup of coffee. In a recent study, a group of elite cyclists who consumed FRS Plus daily for six weeks improved their race times dramatically. Check it out at frswellness.com.

start

Their Eyes as made Berry in career with entered opportunity 1925 and success at her Harvard College novels.

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