

[MOBI] Writing From The Body For Writers Artists And Dreamers Who Long To Free Their Voice

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writing from the body for

DRUGS prescribed to help tackle insomnia don't work for longer periods of time, experts have

warned. People suffering from sleep disorders often suffer in the long-term - and experts

forget drugs... the 6 ways to beat insomnia that really work

Hailed as a 'no fidget miracle' and 'pure magic', the BetterYou Magnesium Skin Body Butter has helped hundreds with their restless legs and sleep. Better yet, it's now on sale for just £6.75.

this magnesium body butter great for restless legs and a better night's sleep

The £10.99 REVLON Tangle Free Hot Air Styler is currently the number one bestseller in Amazon's Hot Air Styler category, with over 1,500 shoppers awarding the hair tool a flawless five-star review.

the revlon tangle free hot air styler adds body and shape to limp hair and is on sale on amazon

Tokens of affection were exchanged with sister-in-law whose early death influenced the author's work

unseen lockets reveal grief that haunted charles dickens's writing

THE story of a woman whose body lay unnoticed in London for more than two years has inspired

an author's second book.

sad story of body find inspires author's new novel

BEING obese can raise your risk of developing ten common cancers, experts have claimed. Researchers now say that combining body mass index (BMI) along with body shape is a better indicator of

obesity raises the risk of these 10 cancers - take the test to measure your threat level

The world of Chaitanya Tamhane's Disciple. 'Tamhane's densely composed shots achieve what a vacuously whizzing camera seldom does.' 'Like those Renaissance Paintings in which a bewitching lady is

the world of chaitanya tamhane's disciple

Aneri Vajani was brutally trolled on social media for looking "too skinny" in a picture. Taking a stand against body shamers, Aneri shared a response message for the haters. Rytasha Rathore took to

from rytasha rathore to aneri vajani: actresses who lashed out at body shamers

The body of a former professional footballer has been found following a four-day search. James Dean, 35, a former Halifax and Chorley striker, had last been seen in the Orchard Drive area of

body of missing footballer james dean found after four-day search

After the tributes to the late Nick Kamen prompted a flood of retrospectives about Levi's 1986 Laundrette ad, The Drum asks creatives from around the world whether they think ads from today's era will

which of today's ads will stand the test of time like levi's laundrette?

In her OK! column this week, Emily Andrea revealed that self-isolating for the third time as a family "being stuck inside is wearing a little thin". As she and husband Peter And

emily andrea says 'self-isolating is wearing

thin' as the andres stay indoors after junior's positive covid test

A mum has spoken out about the terrifying moment her 'soul left her body' after she spotted a shark circling her young daughter. Six-year-old Anela Rezentes had been playing in the water during a

mum says 'soul left her body' when she saw shark circling her daughter in sea

Moments ago, the major prizes at the Ockham New Zealand Book Awards were announced. Books editor Catherine Woulfe and poetry editor Chris Tse respond. First, a bow from the newly-crowned winners:

surprise! airini beaumont has won the acorn, and other big news from the ockham book awards

Actress Melissa Suffield, who played Lucy Beale in EastEnders, looked stunning as she showed off her post-baby body in a candid post about body confidence

eastenders' lucy beale actress shows off post-baby body in lace bra and 'boy pants'

The US poet began writing his sonnets the day Donald Trump was elected president – but even after Trump, they remain fierce, profound and ageless

poem of the week: american sonnet for my past and future assassin by terrance hayes

Now that Israelis are dying at the hands of these terror rockets, will Ilhan Omar walk back her shameful accusation against Israel?

while terrorists try to murder jews, rep. ilhan omar flips the script

It's Eurovision Song Contest season, people. This means we're all about to be treated to a series of bold and entertaining performances that will likely puzzle and delight you in equal parts.

7 colourful eurovision moments that'll help you prep for the 2021 competition

The Federal Budget revealed investment unevenly distributed across the country's higher

education and vocational training sectors, with the latter winning out.

universities face further cuts in the federal budget, but vocational training providers say investment in skills training is well overdue

As Rag'N'Bone Man returns with his new album Life By Misadventure, Columbia's senior A&R director Julian Palmer has revealed the extent of the work that went into making the follow-up to Human. It's

columbia's julian palmer reveals the a&r masterplan behind rag'n'bone man's return

A good starting point is to wear a pedometer or fitness tracker for a week (or use the Health app on your iPhone) and see how many steps you average each day, then add an extra 1000 daily steps each

how fit can i *actually* get from walking? if i walk 10,000 steps a day, can i skip the gym? all your questions, answered

Chris Lambrianou spent 15 years in prison for his

role in the crime after he and his brother Tony refused to give evidence against the twins.

kray firm member describes disposing of jack mcvitie's body after brutal murder by reggie kray

Psychosomatic illnesses have long been something of a mystery - but now neurologist Suzanne O'Sullivan is unravelling their secrets

from seizures to tics, can illness be all in the mind?

JAMES MARTIN is considered one of the UK's most successful TV chefs, but the Saturday Morning presenter's road to success wasn't an easy one. James has opened up about having dyslexia - a condition

james martin health: saturday morning chef's 'nightmare' condition - the symptoms

The body of James Dean, a former forward who played for clubs including Bury, Halifax, Chorley, Altrincham and Fylde, was found on Sunday afternoon, local police have confirmed

body of former professional footballer james dean found after four-day search

The United Nations' refugee agency has sharply criticised the UK's plans to limit asylum rights, saying they risk breaching the UK's international legal commitments and undermining global efforts to

uk immigration plans risk breaching international duties, un body warns

For women who want to live life at their optimum, energy is currency. So, when an illness strikes that robs you of it, you're left feeling not only devastated, but invisible, too. Here, one writer

the mysterious condition leaving women home-bound years before long covid

Actress Melissa Suffield, who left the BBC One soap in 2010, became a mum in March 2020. She's previously been open about her body confidence after giving birth to her baby boy River in March 2020,

eastenders' lucy beale star melissa suffield proudly shows off post-baby body in lingerie and 'boy pants'

Doctor David Rhodes sent a letter of complaint to the Radio Times. "Yet again," he wrote, "Northern Ireland - and Belfast

lucy caldwell on northern irish fiction after the troubles

Covid-19 has greatly exacerbated these problems. It's almost as if the virus has delivered a time machine and taken the entire country back fifty years

a struggle to shop, park or get down the street. this is the reality of post-covid life for disabled britons

Just ask Eddie Brock (Tom Hardy), whose body-roomie Venom is almost helpful in the kitchen in the new Venom: Let There Be Carnage trailer. But his counterpart Cletus Kasady (Woody Harrelson) only

venom 2 trailer song explains "one is the loneliest number"

Mark Wahlberg has revealed his body transformation after gaining weight for his upcoming role. The Transformers star, 49, previously said he plans to gain 30lbs in six weeks for his performance as a

mark wahlberg shows off body transformation as he gains weight for role

This term has been used a lot in reference to the so-called 'Indian variant' of Covid-19 which has multiple mutations, and so do many of the other variants.

the term 'double mutants' doesn't mean much

Wild stories of excess and idiocy that once turned rock stars into heroes now make them look like fools. But are the new breed much better?

the death of debauchery: why the rock 'n' roll madman has had his day

TOMMY McCarthy's hand problems are in the

past and a world title shot could be the near future if he can get past Romanian Alexandru Jur in the first defence of his European cruiserweight title in

hand problems in the past, world title shot in the near future if tommy mccarthy can defend european cruiser title

In celebration of the reopening of cinemas everywhere, the BFI has asked a clutch of amazing filmmakers and film-enablers, from Asif Kapadia to Zhu Shengze, to pick a festival-worth of movies that

big screen dreams: top filmmakers on the movie they want to see go large again post-pandemic

The Fasted 500 encourages Muslim cyclists to ride 500km through Ramadan, with participants from the USA to Malaysia

fasted 500 | meet the cyclists riding 500km through ramadan

Anadolu Agency/GettyWith India's surge in

COVID-19 cases continuing to devastate the country, wary epidemiologists are trying to forecast where the novel coronavirus will strike next. Some experts are

the next big covid disaster could be here

The decision not to allow former President Donald Trump back on Facebook is the biggest, most contentious and most controversial single content moderation determination the company has ever made. So

what you need to know about the board deciding trump's fate on facebook

It's not the sole answer to fixing structural inequalities, but as a profession committed to addressing harassment and abuse on set, it's clearly needed

sexual misconduct in film and tv: how intimacy coordination can help to address the historic issue

Having worked for more than 30 years as a photographer, Olivier Morin has taken his fair

share of eye-catching shots. After cutting his teeth at Bordeaux newspaper Sud Ouest in the late 1980s, he

tokyo olympics countdown: the usain bolt photo that shook the world - and how it almost didn't happen

Ailsa Garland was born in 1917. She was educated at the La Retraite Convent, London, and Heathneld House, Cardiff, as well as several other places due to her family moving fairly often. Her first job,

ailsa garland - vogue editor in the early sixties

Clash expected over Scottish independence Boris Johnson has set himself on course for a constitutional clash with Nicola Sturgeon if she pushes ahead with

may 8: johnson and sturgeon set for clash; portugal bookings through the roof; taskforce set up to prevent pet theft

The continuing independent inquiry into the

Arena attack will today (Monday) hear from police officers and staff who had a role in initial response to the atrocity on the night of the attack. A

manchester arena inquiry live as radio operator said he felt 'physically sick' with stress on the night

Aim for six to seven hours of sleep a night to maximise health health, a study has suggested. The optimal amount of shut-eye has long been debated, with some people able to get by on less sleep than

sleep for just six to seven hours a night to maximise heart health, study suggests

There were some familiar places amid the familiar faces as the BBC started its three-part adaptation of The Pursuit of Love on Sunday at 9pm, much of which was filmed in the South West. Taking the

