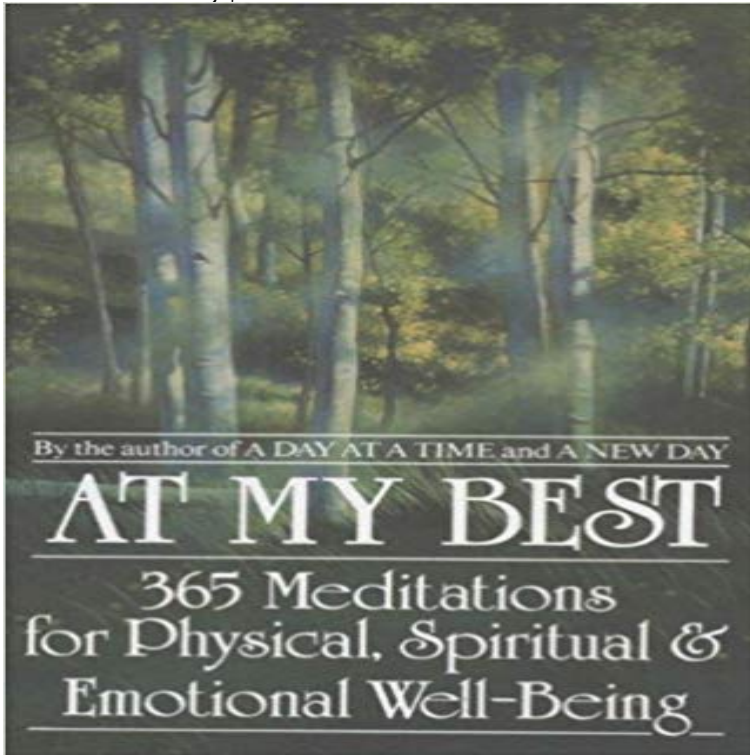


## At My Best: 365 Meditations For The Physical, Spiritual, And Emotional Well-Being



Nothing can bring you peace but yourself.--Ralph Waldo Emerson. To achieve well-being in life you need physical, spiritual, and emotional health. At My Best, by author of A Day At A Time, draws on the wisdom of the present and past to help you set personal priorities in your search for well-being and follow through with disciplined and consistent actions toward that goal. Here are 365 meditations, one for each day of the year, built around appropriate quotations from famous authors that deal with such themes as your inner power, the link between mind and body, how your thoughts affect your health, how to choose affirming responses to setbacks in your life, and the use of mental imagery and visualization to conquer addiction and self-defeat. From the Trade Paperback edition.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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