

THE Wellness AND Success ISSUE
An Action Plan For 2020

PLUS
BIG FITS FOR THE GYM
RELEARN THE ANCIENT ART OF RUNNING

HOW TO
Climb Like Alex Honnold
Eat Like Jean-Georges
Globe-Trot Like Diplo

WHAT YOU CAN LEARN FROM

Larry David
COMEDY LEGEND, STYLE GOD & SELF-ACTUALIZATION WIZARD

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