

OUR AWARDS

"For us to now have a collection of fifteen elixirs and wellness solutions (plus an array of sizes and flavours), to be showcased in some of the world's leading retail spaces and to have received over 35 industry awards in eighteen months I feel is an extraordinary accomplishment. We pioneered the ingestible wellness space back in 2014 with our 'beauty begins within' philosophy so sharing this life-changing realisation was always our mission. To now see hundreds of thousands of our WelleCommunity transforming their own wellness is beyond my dreams."

- Elle Macpherson, WelleCo Founder.



2023
WINNER OF
Best Inner Beauty Supplement



2023
WINNER OF
Best Classic Wellness Brand or Product

woman&home
Beauty
AWARDS

2021
WINNER OF
Best for General Well-Being

2022
WINNER OF
Best for General Well-Being

WIP & HEALTHY
WELLNESS AWARDS

2023
WINNER OF
Best Beauty Supplement

2023
WINNER OF
Best Kids' Wellness Product



2022
WINNER OF
Collagen and Supplements

JONES
beauty
AWARDS

2018
WINNER OF
The Best in Conscious Beauty

2019
WINNER OF
The Best Vegan Buy

2022
WINNER OF
The Best in Inner Health

**The Beauty
SHORTLIST**
WELLBEING AWARDS

2022
WINNER OF
Best Natural Health Product
Best Health Tonic
Best Supplement for Adrenal Fatigue
Best Supergreens Mix
Best Beauty Supplement
Best Skincare Supplement
Best Natural Health Brand

2023
WINNER OF
Best Wellbeing Product
Best Nutritional Product
Best Gluten Free Wellbeing Product
Best Plant-Based Healing Product
Best Health Tonic
Best Detox Supplement
Best Supergreens Mix
Best Supplement For Healthy Hair
Best Supplement For Hair Regrowth
Best Immune-Boosting Supplement
Best Product To Prevent Colds or Flu
Best Beauty Supplement
Best Skincare Supplement
Best Skincare Product - Innovation
(Oral/Supplement)
Best Supplement For Menopause
(drink/powder)
Best Wellbeing Brand
Best Natural Health Brand
Best Gluten Free Wellbeing Brand

**The Beauty
SHORTLIST**
BEAUTY AWARDS

2022
WINNER OF
Best Beauty Supplement
Best Supplement for Healthier Skin

Award Winning Wellness Planner

Shoshana S. Bennett



Award Winning Wellness Planner:

The Wellness Journal Joe Miria, Discover the power of intentional living with *The Wellness Journal* your daily companion to a healthier more balanced you This guided journal is designed to help you nurture your physical mental and emotional well being through thoughtful prompts simple trackers and mindful reflections Whether you re just beginning your wellness journey or looking to deepen your self care routine *The Wellness Journal* offers a structured yet flexible space to explore gratitude mindfulness movement nutrition and emotional clarity With daily and weekly prompts goal setting tools and check in pages you ll gain valuable insights into your habits and patterns while building a life rooted in intention and self compassion Take a few minutes each day to pause reflect and reconnect Because your well being deserves your attention every single day

Kiplinger's Personal Finance ,1994-10 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics

Yoga Journal ,1993-11 For more than 30 years *Yoga Journal* has been helping readers achieve the balance and well being they seek in their everyday lives With every issue *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

Joy! Tim Kanold,2025-02-04 Renowned educator Timothy D Kanold takes readers through a mindful reflection of joy s significance in one s personal and professional life Drawing on cultural concepts insightful narratives and brain research he illustrates the discovery and conscious pursuit of joy to encourage reconnection with purpose resilience engagement and life balance Using school seasons he crafts a joy journey by which educators can consciously work toward long term sustainable joy K 12 teachers and leaders can use this book to Identify key sources of joy that provide a sustainable mental framework for daily life Discover simple thoughtful practices to consciously incorporate joy Embrace cultural concepts that diversify perspectives on joy and its significance Engage in day to day actions with a greater sense of purpose and fulfillment Write a personal joy journal during the school year Be inspired to create and cultivate a joy journey Contents Foreword by Anthony Muhammad Introduction PART 1 FALL A Season to Renew Growing Strong in a Season of New Beginnings Chapter 1 Beginnings Chapter 2 Remember Chapter 3 Simple Joy Chapter 4 Breathe Chapter 5 Nature Chapter 6 Music Chapter 7 Yearning Chapter 8 Relationships Chapter 9 Habituation Chapter 10 Time Chapter 11 Hijacked Chapter 12 Perseverance Chapter 13 Thanksgiving FALL A Season to Renew Your Conclusions PART 2 WINTER A Season to Be Resolute Growing Strong in a Season of Heavy Lifting Chapter 1 Resolute Chapter 2 Chronic Joy Chapter 3 Silence Chapter 4 Comparison Chapter 5 Suffering Chapter 6 Compassion Chapter 7 Worry Chapter 8 Gezellig Chapter 9 Pause Chapter 10 Balance Chapter 11 Midlife Chapter 12 Reflection Chapter 13 Show WINTER A Season to Be Resolute Your Conclusions PART 3 SPRING A Season to Show Resolve Growing Strong in a Season of Finishing Well Chapter 1 Finishing Chapter 2 Acknowledging Joy Chapter 3 Credibility Chapter 4 Preparation Chapter 5 Engagement Chapter 6

Kindness Chapter 7 Regrets Chapter 8 Zotheka Chapter 9 Commuovere Chapter 10 Meraki Chapter 11 Valedictory Chapter 12 Ubuntu Chapter 13 Vanaprastha SPRING A Season to Show Resolve Your Conclusions PART 4 SUMMER A Season to Rejuvenate Growing Strong in a Season of Rest Chapter 1 Rest Chapter 2 Reminisce Chapter 3 Boketto Chapter 4 Vacation Chapter 5 Friendship Chapter 6 Naz Chapter 7 Stretch Chapter 8 Gratitude Chapter 9 Purpose Chapter 10 Resfeber Chapter 11 Truth SUMMER A Season to Rejuvenate Your Conclusions Epilogue Acknowledgments Notes Index Postpartum

Depression For Dummies Shoshana S. Bennett, 2011-04-18 It's a great blessing when a new mom with postpartum depression PPD is fortunate enough to be diagnosed early by a knowledgeable medical practitioner or therapist. But without guidance it isn't always clear where the boundary between normal baby blues and PPD lies. As with any other illness, the quicker that PPD is identified and treated, the faster the woman will recover. Postpartum Depression For Dummies can help you begin the process of determining what's going on with you and give you a better idea of where you fall so that you can get yourself into proper treatment right away. The book covers all aspects of PPD from its history and its origins to its effects on women and their families to the wide variety of treatments available including conventional Western medicine, psychological therapy, alternative medical treatments, and self-care measures. Postpartum Depression For Dummies reveals why some doctors may be hush-hush about PPD. How to distinguish between pregnancy hormone changes, baby blues, and PPD. The difficulties of getting a proper diagnosis. The role and importance of a therapist. The benefits of medication for depression. Alternative treatments with a successful track record. How to find the right balance of psychological, medical, and alternative treatment. Ways you can help foster recovery. The nutrition you need to care for yourself properly. How to help your partner help you. Postpartum Depression For Dummies also provides the additional resources you need: web sites, organizations, and further reading to help avoid the unnecessary suffering caused by undiagnosed and untreated PPD and survive and thrive as a new mom.

Routledge Handbook of Physical Education Pedagogies Catherine D. Ennis, 2016-08-05 The first fully comprehensive review of theory, research, and practice in physical education to be published in over a decade, this handbook represents an essential evidence-based guide for all students, researchers, and practitioners working in PE. Showcasing the latest research and theoretical work, it offers important insights into effective curriculum management, student learning, teaching, and teacher development across a variety of learning environments. This handbook not only examines the methods, influences, and contexts of physical education in schools but also discusses the implications for professional practice. It includes both the traditional and the transformative, spanning physical education pedagogies from the local to the international. It also explores key questions and analysis techniques used in PE research, illuminating the links between theory and practice. Its nine sections cover a wide range of topics including curriculum, theory, development, policy, and reform; transformative pedagogies; and adapted physical activity, educating teachers, and analysing teaching, the role of student and teacher cognition, achievement, motivation. Offering an unprecedented wealth of material, the Routledge Handbook of Physical

Education Pedagogies is an essential reference for any undergraduate or postgraduate degree programme in physical education or sports coaching and any teacher training course with a physical education element Virtual Veterinary Care and Telemedicine Cherice Roth,2025-09-12 Practical guide to integrating telemedicine into veterinary practice with information on medical standards care delivery business strategy and team dynamics Based on real industry experience in practice leadership and business and featuring case studies throughout Virtual Veterinary Care and Telemedicine offers practical tools and strategies for successfully implementing virtual care in veterinary practice blending historical insights medical standards care delivery business strategy and team dynamics The book covers triaging protocols guidelines for antibiotic use chronic medication refills conducting digital and physical exams optimizing technician appointments medical record documentation and maintaining medical quality standards in virtual environments This book also focuses on technology identifying current features of virtual care software assisting in tool selection for practices and discussing future trends It addresses the common challenge of integrating virtual care into hands on practices and provides a 10 step implementation process and strategies for extending care beyond physical boundaries ensuring regulatory compliance and continuous quality control The final section addresses a critical aspect often overlooked in veterinary practice monetization It emphasizes the importance of developing a business model and effective marketing strategies ensuring growth and enhanced client experiences Virtual Veterinary Care and Telemedicine includes information on Benefits of virtual care including accessibility cost effectiveness and improved patient care and outcomes Clinical decisions that must be documented and aligned before team training Methods for educating clients and navigating ethical considerations Long term financial implications of integrating virtual care Challenges misconceptions common hurdles and false perceptions surrounding virtual care Virtual Veterinary Care and Telemedicine is a must have resource for any veterinarian interested in improving care quality and increasing practice revenues using telemedicine **Practice Management for the Veterinary Team -**

E-Book Heather Prendergast,2023-11-09 Comprehensive coverage of practice management skills includes leadership financial management and strategic planning as well as telephone skills appointment scheduling admitting and discharging patients and communicating with clients Coverage of clinical assisting ranges from examinations and history taking for patients to kennels and boarding procedures Veterinary Ethics and Legal Issues chapter helps you learn to protect the practice and run a practice based on ethical principles and veterinary laws End of chapter review questions reinforce key concepts and measure mastery of the content End of chapter Practice Managers Survival Checklist allows you to review the most essential information Versatile text can be used by practice managers to study for the CVPM exam Updated content highlights important technological and professional updates to the field impacting medical record management New chapters covering telehealth and practice integrative management software are included Current coverage includes a revised Leadership Professional Development and Human Resources chapter and expanded content in Strategic Planning and

Marketing chapters **CBT for Depression in Children and Adolescents** Betsy D. Kennard, Jennifer L. Hughes, Aleksandra A. Foxwell, 2016-05-23 Despite the availability of effective treatments for child and adolescent depression relapse rates in this population remain high This innovative manual presents an evidence based brief therapy for 8 to 18 year olds who have responded to acute treatment but still have residual symptoms Each session of relapse prevention cognitive behavioral therapy RP CBT is illustrated in step by step detail including focused techniques for promoting and sustaining well being supplemental strategies for tailoring treatment to each individual s needs and ways to involve parents In a convenient large size format the book features 51 reproducible handouts and forms Purchasers get access to a Web page where they can download and print the reproducible materials Journal of the House of Representatives of the United States United States. Congress. House, 2010 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House

This is likewise one of the factors by obtaining the soft documents of this **Award Winning Wellness Planner** by online. You might not require more period to spend to go to the books inauguration as skillfully as search for them. In some cases, you likewise attain not discover the notice Award Winning Wellness Planner that you are looking for. It will certainly squander the time.

However below, next you visit this web page, it will be thus enormously simple to acquire as well as download lead Award Winning Wellness Planner

It will not put up with many epoch as we notify before. You can reach it even though decree something else at home and even in your workplace. thus easy! So, are you question? Just exercise just what we pay for under as skillfully as review **Award Winning Wellness Planner** what you like to read!

<https://legacy.tortoisemedia.com/files/uploaded-files/Documents/Tips%20Vampire%20Romance.pdf>

Table of Contents Award Winning Wellness Planner

1. Understanding the eBook Award Winning Wellness Planner
 - The Rise of Digital Reading Award Winning Wellness Planner
 - Advantages of eBooks Over Traditional Books
2. Identifying Award Winning Wellness Planner
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Award Winning Wellness Planner
 - User-Friendly Interface
4. Exploring eBook Recommendations from Award Winning Wellness Planner

- Personalized Recommendations
 - Award Winning Wellness Planner User Reviews and Ratings
 - Award Winning Wellness Planner and Bestseller Lists
5. Accessing Award Winning Wellness Planner Free and Paid eBooks
 - Award Winning Wellness Planner Public Domain eBooks
 - Award Winning Wellness Planner eBook Subscription Services
 - Award Winning Wellness Planner Budget-Friendly Options
 6. Navigating Award Winning Wellness Planner eBook Formats
 - ePub, PDF, MOBI, and More
 - Award Winning Wellness Planner Compatibility with Devices
 - Award Winning Wellness Planner Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Award Winning Wellness Planner
 - Highlighting and Note-Taking Award Winning Wellness Planner
 - Interactive Elements Award Winning Wellness Planner
 8. Staying Engaged with Award Winning Wellness Planner
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Award Winning Wellness Planner
 9. Balancing eBooks and Physical Books Award Winning Wellness Planner
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Award Winning Wellness Planner
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Award Winning Wellness Planner
 - Setting Reading Goals Award Winning Wellness Planner
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Award Winning Wellness Planner

- Fact-Checking eBook Content of Award Winning Wellness Planner
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Award Winning Wellness Planner Introduction

Award Winning Wellness Planner Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Award Winning Wellness Planner Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Award Winning Wellness Planner : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Award Winning Wellness Planner : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Award Winning Wellness Planner Offers a diverse range of free eBooks across various genres. Award Winning Wellness Planner Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Award Winning Wellness Planner Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Award Winning Wellness Planner, especially related to Award Winning Wellness Planner, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Award Winning Wellness Planner, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Award Winning Wellness Planner books or magazines might include. Look for these in online stores or libraries. Remember that while Award Winning Wellness Planner, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Award Winning Wellness Planner eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods

for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Award Winning Wellness Planner full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Award Winning Wellness Planner eBooks, including some popular titles.

FAQs About Award Winning Wellness Planner Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Award Winning Wellness Planner is one of the best book in our library for free trial. We provide copy of Award Winning Wellness Planner in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Award Winning Wellness Planner. Where to download Award Winning Wellness Planner online for free? Are you looking for Award Winning Wellness Planner PDF? This is definitely going to save you time and cash in something you should think about.

Find Award Winning Wellness Planner :

tips vampire romance

[fan favorite sci-fi dystopia](#)

[ultimate guide booktok trending](#)

[quick start sci-fi dystopia](#)

[myth retelling 2025 edition](#)

gothic romance for beginners

~~ultimate guide space opera~~

[step by step urban fantasy](#)

[step by step sci-fi dystopia](#)

[tricks fantasy series](#)

space opera ebook

[review psychological suspense](#)

[romantasy saga advanced](#)

[gothic romance fan favorite](#)

[award winning urban fantasy](#)

Award Winning Wellness Planner :

Música Civilización Occidental by Láng Paul Henry La musica en la civilizacion occidental by Lang, Paul Henry and a great selection of related books, art and collectibles available now at AbeBooks.com. La música en la civilización occidental - Paul Henry Lang Paul Henry Lang. Edition, 2. Publisher, Editorial Universitaria de Buenos Aires, 1969. Length, 896 pages. Export Citation, BiBTeX EndNote RefMan · About Google ... La música en la civilización occidental by Lang, Paul Henry View all copies of this book. About this Item. Used Condition: Bien tapa blanda. Música. Géneros musicales. Métodos y estudios de Música para los distintos ... Music in western civilization: Lang, Paul Henry Book details · Print length. 1107 pages · Language. English · Publisher. W.W. Norton · Publication date. January 1, 1941 · See all details. la musica en la civilizacion occidental. paul h Be sure not to miss out on LA MUSICA EN LA CIVILIZACION OCCIDENTAL. PAUL H. Buy it at the best price in the section Other used history books ... PAUL HENRY LANG. la musica en la civilizacion occidental. paul h LA MUSICA EN LA CIVILIZACION OCCIDENTAL. PAUL HENRY LANG. ED. BUENOS AIRES 1979. Rústica con solapas. 896 páginas. Texto Doble columna. Música en la civilización occidental de Paul Henry Lang HC Sep 29, 2023 — Primera edición, séptima impresión. Publicado por W. W. Norton, 1941. Octavo en estuche. Tableros de tela marrón estampados en oro. El libro ... láng paul henry - música civilización occidental - Iberlibro La musica en la civilizacion occidental de Lang, Paul Henry y una gran selección de libros, arte y artículos de colección disponible en Iberlibro.com. La Musica En La Civilizacion Occidental Paul Henry Lang Envíos Gratis en el día ☐ Comprá La Musica En La Civilizacion Occidental Paul Henry Lang en cuotas sin interés! Conocé nuestras increíbles ofertas y ... Foreign Relations of the United States, 1949, The Far East: ... The China White Paper was released by the Department at 12 noon, August 5, as ... August 15, 1949, page 237. The statement issued by the Secretary of State ... China White Paper The China White Paper is the common name for United States Relations with China, with Special Reference to the Period 1944-1949, published in August 1949 by ... The China White Paper: August 1949 - U. S. Department of ... U. S. Department of State Introduction by Lyman P. Van Slyke. BUY THIS BOOK.

1967 1124 pages. \$65.00. Paperback ISBN: 9780804706087. Google Book Preview. The Failure of the China White Paper - Digital Commons @ IWU by WA Rintz · 2009 · Cited by 8 — Abstract. The China White Paper, released by the Truman administration in 1949, aimed to absolve the U.S. government of responsibility for the loss of China ... Dean Acheson's 'White Paper' on China (1949) Published in early August 1949, it outlined the situation in China, detailed American involvement and assistance to the Chinese and suggested reasons for the ... Publication of China White Paper Work was under way in April 1949 (026 China/4-2749). A memorandum of May 21 ... Canton, August 10, 1949—2 p. m. [Received August 13—6:12 a. m.]. 893.00/8 ... The China White Paper: August 1949 - U. S. Department of ... U. S. Department of State Introduction by Lyman P. Van Slyke. BUY THIS BOOK. 1967 1124 pages. \$65.00. Paperback ISBN: 9780804706087. Google Book Preview. The China White Paper: August 1949 Book details · Print length. 1086 pages · Language. English · Publisher. Stanford University Press · Publication date. December 1, 1967 · ISBN-10. 0804706077. Full text of "The China White Paper 1949" Full text of "The China White Paper 1949". See other formats. SP 63 / Two volumes, \$7.50 a set CHINA WHITE PAPER August 1949 VOLUME I Originally Issued as ... The China White Paper: August 1949 A Stanford University Press classic. Voodoo Hoodoo Spellbook: Alvarado, Denise, Snake, Doktor "Voodoo Hoodoo" is the unique variety of Creole Voodoo found in New Orleans. The Voodoo Hoodoo Spellbook is a rich compendium of more than 300 authentic ... Voodoo Hoodoo Spellbook (Paperback) Nov 1, 2011 — The Voodoo Hoodoo Spellbook is the culmination of the author's decades of practical experience in authentic Voodoo rituals. Wonderfully readable ... The Voodoo Hoodoo Spellbook by Alvarado, Denise This is a fantastic book! I really enjoyed reading this book. It is full of helpful and useful information on Voodoo and how you can apply it to your own life. The Voodoo Hoodoo Spellbook (Compact Disc) Jul 6, 2021 — Voodoo Hoodoo is the unique variety of Creole Voodoo found in New Orleans. This rich compendium includes more than 300 authentic Voodoo and ... The Voodoo Hoodoo Spellbook by Denise Alvarado In this book, you will find a plethora of authentic Voodoo and hoodoo rituals for love, justice, gambling luck, luck in court, prosperity, health, crossing, ... THE VOODOO HOODOO SPELLBOOK Like the streets of New Orleans, this volume will enchant you with its abundance of magical incantations, spells, and remedies. Voodoo Hoodoo Spellbook - Denise Alvarado Voodoo Hoodoo" is the unique variety of Creole Voodoo found in New Orleans. The Voodoo Hoodoo Spellbook is a rich compendium of more than 300 authentic ... The Voodoo Hoodoo Spellbook by Denise Alvarado The Voodoo Hoodoo Spellbook includes more than 100 spells for banishing, binding, fertility, luck, protection, money, and more. Alvarado introduces listeners to ... The Voodoo Hoodoo Spellbook (MP3 CD) Jul 6, 2021 — Voodoo Hoodoo is the unique variety of Creole Voodoo found in New Orleans. This rich compendium includes more than 300 authentic Voodoo and ... The Voodoo Hoodoo Spellbook - Livebrary.com "Voodoo Hoodoo" is the unique variety of Creole Voodoo found in New Orleans. The Voodoo Hoodoo Spellbook is a rich compendium of more than 300 authentic ...