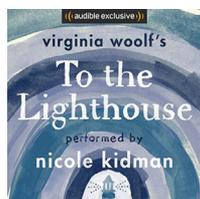


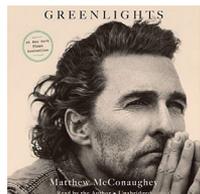
TO THE LIGHTHOUSE

by Virginia Woolf
◀ NICOLE KIDMAN



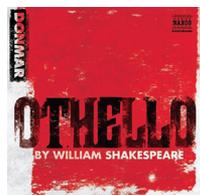
GREENLIGHTS

by Matthew McConaughey
◀ MATTHEW MCCONAUGHEY



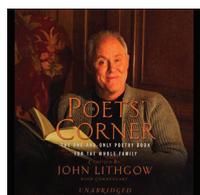
OTHELLO

by William Shakespeare
◀ CHIWETEL EJIOFOR



THE POETS' CORNER

by various poets
◀ MORGAN FREEMAN, SUSAN SARANDON, AND OTHERS



Catarina Axelsson

PRO TRAINING

Coach **Nicolas Remires** breaks down swimrun, the adventure sport sweeping the world.

UNCHARTED TERRITORY

"It's still really new. We just want to show the activity to others and create community—but there are more than 1,000 swimrun events everywhere now."

THE LOWDOWN

"Swimrun allows you to go places you've never been. Go for a run. When you arrive at a lake or the ocean, swim a bit, when you exit, keep running. Repeat."

A TEAM EFFORT

"The real spirit is to compete with a partner using a towline. We also use pull buoys, since we're swimming with shoes and sometimes hand paddles."

To start the journey, visit envolswimrun.com.



SUGGESTED

The Blanket That's a Cotton Hug

Weighted blankets were initially designed as a therapeutic tool for people with autism, PTSD, and other anxiety disorders, the idea being that the added pressure soothes the nervous system. But the masses have found that they too can benefit from a little extra TLC, especially during the final doldrums of another pandemic winter. With a variety of weight options and made from all-organic, sustainably harvested materials, Bearaby is the choice for a blanket that looks as good as it feels. **Bearaby, \$300**

