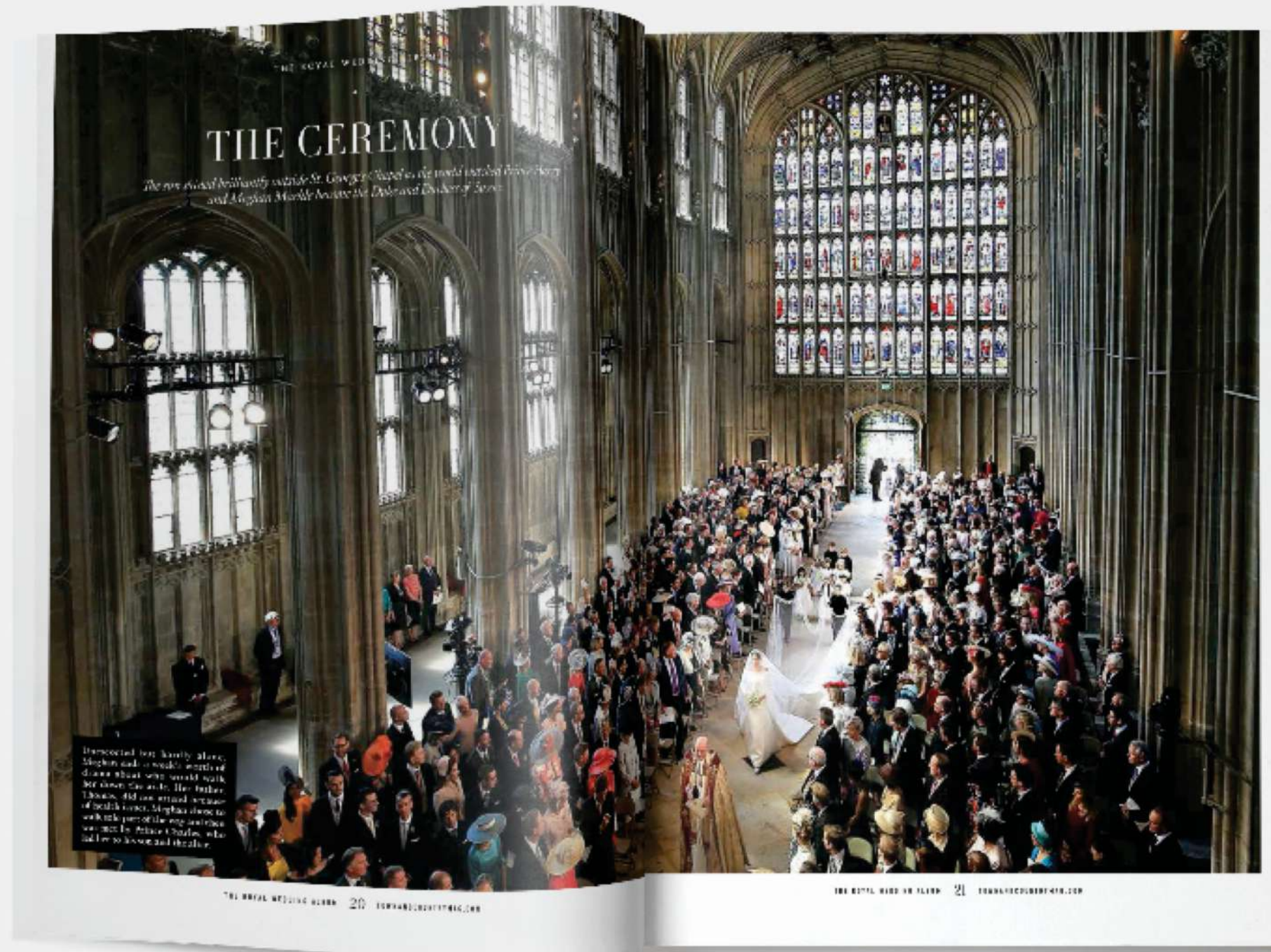


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THE CEREMONY

The new Royal Wedding outside St. George's Chapel, the most beautiful Gothic church in England, and Meghan Markle became the Duchess of Sussex

Descended from royalty alone, Meghan and a world's worth of dukes what you would walk the aisle down the aisle. Her father Thomas, 48, an estranged version of British actor Stephen Dillane, took part of the ceremony was met by Prince Charles, who had to be escorted and the other

THE HATS

Wearing ornate and unusual hats is a very British tradition, but even American guests joined the party with stylish and grandly defining fascinators.



Key Spencer, daughter of Diana's brother Charles Spencer, makes a statement with her emerald green dress paired with a green fascinator designed by Philip Treacy, with a matching veil and hair comb.



Guests took the occasion of the wedding to show off some of their best. In keeping with British tradition, wedding hats are shown during the day and becoming a season's eye. Top row: Princess Anne; photographer and model Helena Blagovest; Lurak; Middleton; Stalk; row 2: Sophie, Countess of Wessex; Victoria Beckham; actress Gemma Turner; row 3: actress Sarah Anthony; actress and socialite Serena Williams; Sarah, Duchess of York.

"With fame comes opportunity, but it also includes responsibility—to advocate and share, to focus less on glass slippers and more on pushing through glass ceilings. And, if I'm lucky enough, to inspire."

—MEGHAN MARKLE

A July 2018 edition to a waxy book wedding ceremony, Prince Harry and Meghan ride through Windsor in 18th-century horse-drawn carriage. Prince Harry also traveled in an 18th-century carriage when he served as best man at his brother's wedding in 2011.





Chapter 3

ROBERT HERJAVEC

The embodiment of the
IMMIGRANT SUCCESS
story, Robert Herjavec now
wants to share
his lessons with others.

48 | ROBERT HERJAVEC



INSIGHTS FROM THE SHARK

The outspoken Cuban shares his keys to a good pitch and relives the time Richard Branson poured water on him.

THE SHARK TANK UPGRADE

ANYTHING *is* POSSIBLE

> *Shark Tank* sends the message to people everywhere that the American dream is alive and well. No matter where you are from, no matter what you have or don't have, if you can get your company started, anything is possible.



“A great entrepreneur **CAN'T MAKE A BAD IDEA WORK,** and a great idea won't work with a lousy entrepreneur.”

24 / MARK CUBAN



HELP TIPS

Short Memory

We see so many deals that once a deal is over, we're on to the next. I can't even remember 90 percent of the deals we've seen. If I can't invest, I've forgotten about it.

AVOID GAIN

Why I Do It

> The best deal I did with a partner is the same for the others. It's good to see them succeed as entrepreneurs who remain focused. And the partner need to see it as a priority of the company. The combination of these two factors makes the deal work and can do more to help them succeed.

THROW THE BALL

No Holds Barred

> The best thing I've heard from a board member is that they've seen a lot of deals on *Shark Tank*. It's a great thing that the board members are getting a lot of ideas. They're not just looking at the deal, they're looking at the market.



JOINING SHARK TANK

KICK *it up* A NOTCH

> I loved the show, but I thought I could add a little spice to it. When I got the opportunity to be a Guest Shark on Season 2, I figured I had three episodes to have an impact. So I did every deal that I could. Some were good. Some not so much.



Get to the Point

> The longer the bar chart, the worse the deal. If you spend more time talking about your past challenge and less time talking about the business, that's the concern. There's a limit to it, and if you don't push to talk about your business, that's a red flag.

INSIDE THE SHARK TANK | 29

MR. WONDERFUL'S

3 KEYS TO A SUCCESSFUL PITCH



08 | KEVIN O'LEARY

1

Articulate the idea in 90 seconds or less. "Hi, I'm from Cohasset, Massachusetts. I put cupcakes in a jar. I ship them to people." That's 12 seconds, and I understand it.

2

Explain why you're the right person to execute on the business plan. What makes you special? Did you work for somebody in the sector? Have you been an apprentice in that space? Did your family leave you the business and you failed three times in the same idea and now you know the mistakes you made?

3

Know the numbers. This is the killer. An entrepreneur has to be able to explain gross margins, break-even analysis, size of the market, how fast the market is growing. Shark Tank gets 100,000 applications—if someone finally makes it onto that carpet and they don't know their numbers, they deserve to burn.



WORDS I HATE

to Hear in a Pitch

I can't stand when people say, "The market is \$15 billion in size. If I can only get 1 percent share..." That's just not how it works. The other thing I don't like is when people are already planning their exit and they haven't even started their business. You don't think about exit. You think about execution every day. It is totally absorbing. There's no balance in life. All that stuff goes out the window because today it's a global competition in every category.

THE CHANGE EFFECT

We're Here to Help

► Just every day, you'll see on the show, your sales would spike. Now what happens is you get on the show and sales spike but immediately fall if you don't get a Shark investor. The Shark investor has a massive social media platform. I have more than a million and a half followers on LinkedIn and from social all these different platforms. So my team goes to work promoting your product. We do that for free. We do it because it's in our interest to do that, but it wouldn't have worked if you've can't do that.



Welcome to the Family

When you become one of my deals, you come into a family of CEOs. So if you're selling a Lovepop card, or a Potato Parcel, or a Wicked Good Cupcake, you share that name with the other companies and they cross-pollinate. Every year we hold a conference and gather all the entrepreneurs. Then I bring in the best providers in every sector, and they form contacts and relationships.

INSIDE THE SHARK TANK | 09



CHAPTER 1

CHANGE YOUR HABITS

"Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important."
—Natalie Goldberg



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CHANGE YOUR HABITS



7 A.M. MAKE YOUR BED

Your routine was right—you should tidy up those sheets: People who make their bed every day are 30 percent more likely to report a better night's rest, according to a study by the National Sleep Foundation. Plus, when you bed is neat and tidy, you're less tempted to crawl in to read a book or look at the phone. "Research shows that when people with sleep problems use their bed only for sleep, their rest improves," says Judith Taylor, PhD, author of *Sweet Sleep: A Step-by-Step Workbook for Rewiring Your Brain*.



7:30 A.M. THROW OPEN THE SHADOS

Setting your circadian rhythm with the sun's rays at waking helps sync your internal clock to the environment, says Robert Rosenberg, medical director of the Sleep Disorders Center in Flagstaff, Arizona. Waking your body with natural light dark cycle signals the release of melatonin, which sends the body's sleep-wake cycle on.



12 P.M. TAKE A GYM BREAK

A recent study from Oregon State University found that at least 10 minutes of moderate to vigorous exercise can improve sleep quality by 65 percent. Researchers believe the natural cool-down that occurs after you sweat away helps narrow the window to a body temperature that's associated with sleep, so you'll fall asleep more easily when you finally get to bed.



1 P.M. DINE ON WHOLE GRAINS

Try adding one cup of whole-wheat couscous to your dinner—it contains 36 percent of your daily value of magnesium. "Magnesium has a relaxing effect on the muscles and the nervous system," says Thompson. "It also helps with production and absorption of one of the main sleep-producing neurotransmitters."



8:30 P.M. TAKE A BATH

A relaxing nighttime ritual separates you from the worries of the day. And according to a small study published in the journal *Sleep*, older female insomniacs who took a bath of just 30 minutes before bed reported improved sleep quality.

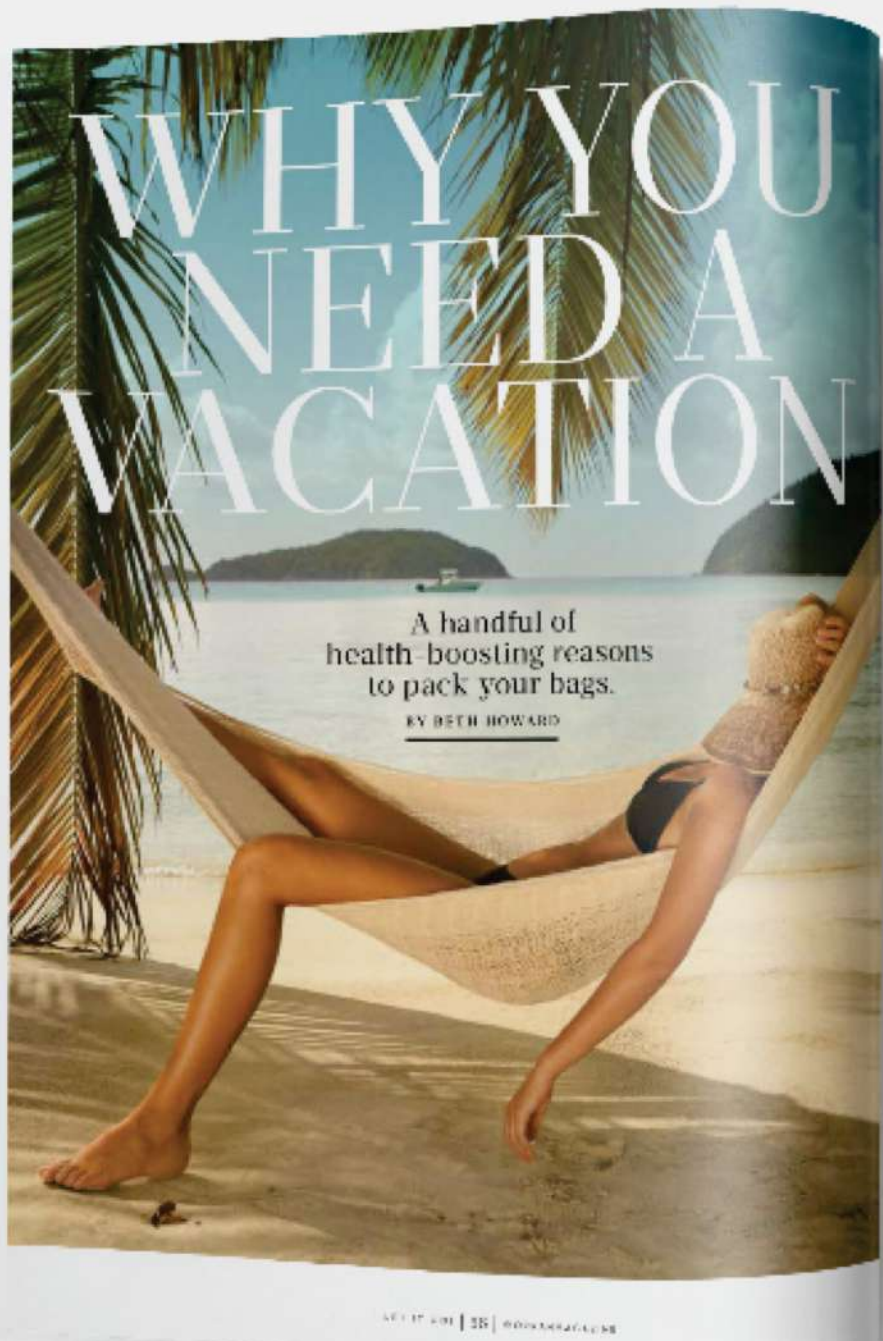


9 P.M. WATCH TV ON THE COUCH, NOT IN BED

Don't push in for the night until you're truly tired. "Every minute you spend awake—and out of your bed—increases your need for deep sleep, also known as your sleep drive," says Gillen Garry, PhD, coauthor of *Good Night: How to Fall Asleep, Stay Asleep, and Get a Good Night's Sleep*. "Spending more time in bed actually tells your body that you need less rest, so you end up cutting your sleep drive short."



10 P.M. SWEET DREAMS!



WHY YOU NEED A VACATION

A handful of health-boosting reasons to pack your bags.
 BY BETH HOWARD

► **AMERICANS DITCH ROUGHLY** half their stored vacation days, according to one survey. We get it: You're busy. So skipping vacations costed a sorry and, alas, too big. If you're not taking even a minute of leave every day, it's time for a refresher on the health benefits of U.S.A.

SLIMMER WAIST

► We don't have to tell you that taking a breather from your work life is helpful. But did you know that women who spend more time engaged in pleasurable leisure activities, including regular vacations, don't just feel better, they also bust a bodified physique? In a University of Pittsburgh study of nearly 1,000 people, those who logged the most downtime had a lower body mass index and waist circumference—two key predictors of overall health.

LONGER LIFE

► Women who take the lowest vacation time every six years or less are nearly eight times likelier to have a heart attack or die of heart disease than those who enjoy two or more getaways annually, according to an analysis of the Framingham Heart Study, which followed women for two decades.



LIGHTEN YOUR LOAD

time off, according to a Nielsen survey. May 2014 data for one day drive more health benefits, from a lower risk of colds to better brain function.

BETTER SLEEP

► A study from the New Zealand and former NASA scientists suggests you need just sleep well on vacation, you'll also feel better when you get home. Researchers recruited a group of travelers en route to Auckland and gave them wrist devices to track both the quantity and quality of their sleep before, during, and after their trip, which ranged from 7 to 12 days. The travelers not only enjoyed an extra hour of sleep per night during their break, but also clocked 20 minutes more awake time after returning home. "Vacation can help you get a step to sleep—disrupting habits. If you're doing work or standing in a hotel, aren't you before bed?" says study coauthor Kevin Gregory, now a senior research associate at the San Jose State University Research Foundation at NASA Ames Research Center. "A little time away can be effective for letting your brain reset."

LESS STRESS

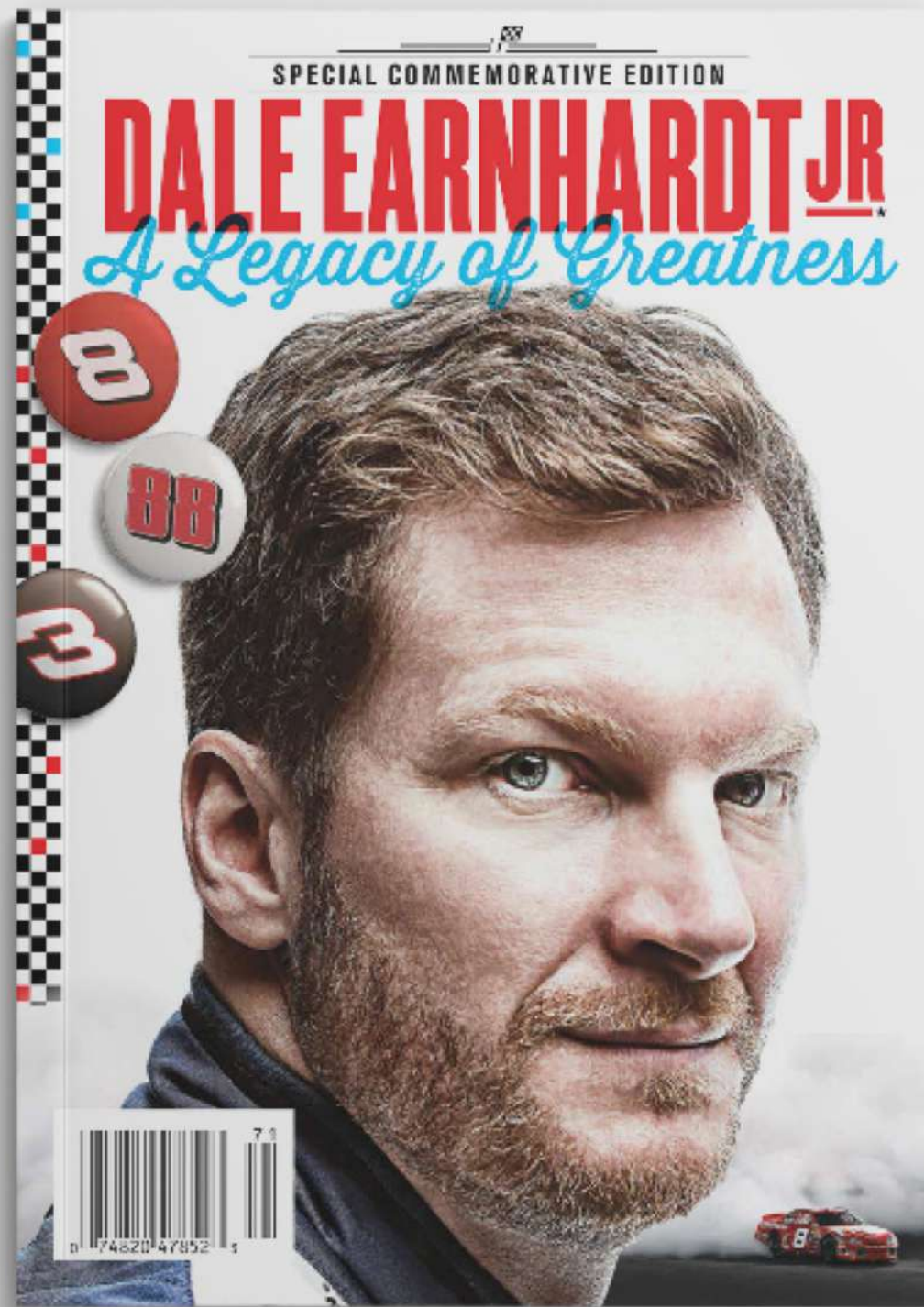
► The rejuvenating effects of vacation may last longer than originally thought. A study from the University of Miami found that after taking time off from work, vacationers had fewer stress-related physical complaints such as headaches, backaches, and heart palpitations. In addition, mood scores still looked better five weeks later.

STEAMIER SEX

► Eighty percent of people who vacation every year report that the romance is alive, compared with 50 percent of those who don't take

GIVE YOUR MIND A BREAK

► **IF YOU CAN'T** seem to remember anything, it may be because your mind is cluttered with endless thoughts. Why, why, did I leave that record unplugged? Recent research suggests that the more irrelevant information we hold on to, the harder it is to remember the stuff that matters. But there's a fix for it: yoga. Often touted as a way to calm a spinning mind, the ancient practice may also help you remember. One study found that when older adults practiced yoga five times a week for just eight weeks, they significantly boosted their ability to recall and process new information.







On the eve of the 2001 Daytona 500, Junior was 26 and on his way to becoming a superstar. While his success as a rookie spoke for itself, it certainly didn't hurt that he was an heir to one of the greatest legacies in NASCAR history. Junior used to joke that he didn't get much respect as a driver from the folks in the DEI garage, where he was known as SOB, Son of the Boss. But being the boss's kid wasn't all bad. "I wouldn't be where I am today," Junior said in 2002, "if I didn't have my dad's name."

Dad he wasn't just a winner on the track, he was the living embodiment of the sport of stock car racing. The way he looked and drove and lived—it was everything that fans loved about NASCAR. The hard-driving, no-nonsense driver was the sport's heart and soul. Sports Illustrated once called him "the one thing that no other sport could claim a superstar the average fan—no matter how fanatical—could do without."
Sure, Sr. was a champion—having won seven Winston Cup titles, he was tied with the legendary Richard Petty for the most all-time—but he was also a self-made man. His father, Ralph Earnhardt, hadn't even been much of a leg up in the racing world. Dale Sr. got his start taking up with car not as a garage, but in the town where his family's home. And when he first started racing on local short tracks,

SOURCE: Earnhardt Sr. won his first NASCAR Cup Series race in 1975 and the Daytona 500 in 1978. He won the Daytona 500 again in 1981. He was also the 1981 NASCAR Cup Series champion. In 1980, Earnhardt Sr. won the NASCAR Cup Series at Daytona. In 1981, he won the Daytona 500. In 1982, he won the Daytona 500. In 1983, he won the Daytona 500. In 1984, he won the Daytona 500. In 1985, he won the Daytona 500. In 1986, he won the Daytona 500. In 1987, he won the Daytona 500. In 1988, he won the Daytona 500. In 1989, he won the Daytona 500. In 1990, he won the Daytona 500. In 1991, he won the Daytona 500. In 1992, he won the Daytona 500. In 1993, he won the Daytona 500. In 1994, he won the Daytona 500. In 1995, he won the Daytona 500. In 1996, he won the Daytona 500. In 1997, he won the Daytona 500. In 1998, he won the Daytona 500. In 1999, he won the Daytona 500. In 2000, he won the Daytona 500. In 2001, he won the Daytona 500. In 2002, he won the Daytona 500. In 2003, he won the Daytona 500. In 2004, he won the Daytona 500. In 2005, he won the Daytona 500. In 2006, he won the Daytona 500. In 2007, he won the Daytona 500. In 2008, he won the Daytona 500. In 2009, he won the Daytona 500. In 2010, he won the Daytona 500. In 2011, he won the Daytona 500. In 2012, he won the Daytona 500. In 2013, he won the Daytona 500. In 2014, he won the Daytona 500. In 2015, he won the Daytona 500. In 2016, he won the Daytona 500. In 2017, he won the Daytona 500. In 2018, he won the Daytona 500. In 2019, he won the Daytona 500. In 2020, he won the Daytona 500. In 2021, he won the Daytona 500. In 2022, he won the Daytona 500.

Continuing
A
LEGACY

QUIZ

Put your
knowledge of
Junior
to the test

1. In 2016, Jimmie Johnson tied Dale Earnhardt Sr. and one other driver with a record seven Cup Series titles. Who is the other driver?

- A. Cale Yarborough
- B. Tony Stewart
- C. Jeff Gordon
- D. Richard Petty

2. From Senior's first Cup win to his last, 2,868 days past. Which of the following drivers saw a bigger gap between their first and final victories?

- A. Bobby Allison
- B. Bill Elliott
- C. Mark Martin
- D. Darrell Waltrip

3. Which musician won a No. 1 shot in the 2002 Grammy Awards as a tribute to Senior?

- A. Tim McGraw
- B. The Edge
- C. Brad Paisley
- D. Eminem

4. Senior rode a horse in the 2010 Jim Belushi Presidential Club of three athletes who appeared on his TV show.

- A. Charles Bandey
- B. Mark McGwire
- C. Reggie Jackson
- D. Arnold Palmer

5. Complete the 1985 Senior quote: "You'll never see the Daytona 500, and ain't going to neither!"

- A. Danny Ward
- B. Hiram
- C. Win an Oscar
- D. Earn a P

6. Riding a 462-year-old horse, the driver was hired by Senior in 2001 and won an 18th Daytona 500 for DEI. Why was it?

- A. Mark Martin
- B. Michael Waltrip
- C. Martin Truex, Jr.
- D. Steve Park



51 Dale Earnhardt Jr.

7. Dale Sr. once told Junior, "Second place sucks, don't it, son?" How many second-place finishes did Senior have in his career?

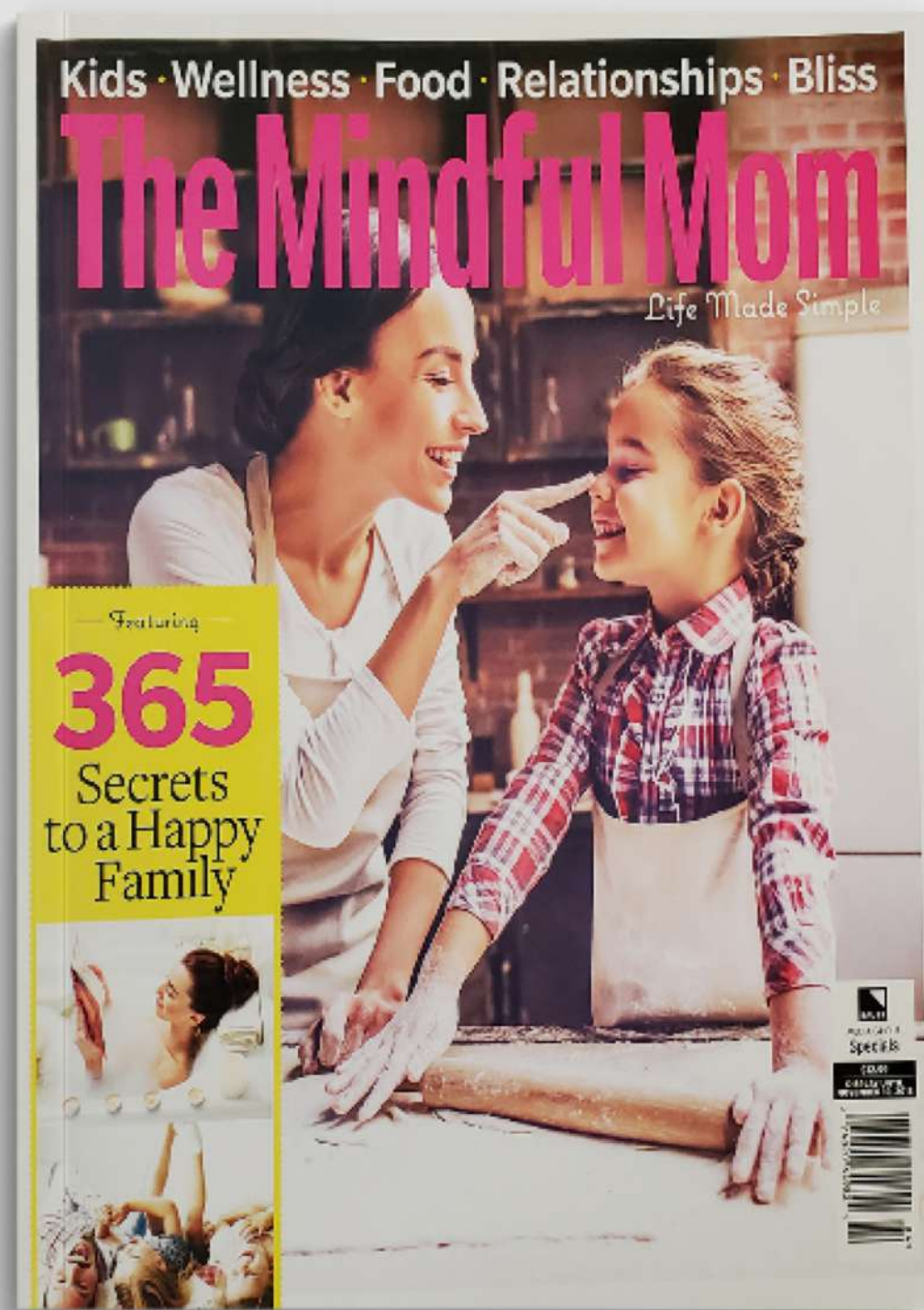
- A. 52
- B. 10
- C. 18
- D. 72



8. What number car did Senior drive when he won his first Winston Cup championship, for Overlund Racing in 1980?

- A. No. 2
- B. No. 8
- C. No. 6
- D. No. 16

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Celebrations!

Chapter 1

Whether it's a birthday bash for your 6-year-old, Christmas dinner with the relatives or a Fourth of July BBQ with the neighbors, gatherings with loved ones are the highlights of the year. But you don't have to run yourself ragged trying to create a Pinterest-ready party. These expert tips and parent-tested hacks will let you have your (store bought?) cake and eat it too.



6 The Mindful Mom

The Mindful Mom | 7

Grade School (cont.)

1 I've found that the younger the child, the bigger the party—held when no one in the class will be left out and no feelings hurt, for those reasons. It's easier to set off a fire of a movie theater or a bowling alley.

—Lisa Baker, Kitchen Confidential

2 Young kids don't sit still for hours, so plan on party games that keep them up and moving. Oh, and snacks, lots of snacks!

—Chris Givner, Erin Bekas



Life HACK

Life HACK



1 One serving was a whole pack of party, that's why, thank me later, and the white can use me at the 100th anniversary party.

—The Old, New, and Middle



Snacks

1 We haven't hit the tween stage in my house yet, but from my own experience my favorite parties during my tween years were the ones where I chose something fun to do with a few close friends. Getting to do anything alone for a while, but, experiences feel really special at that age.

—Eva Cochran, Erin Bekas

2 Tween birthday parties can be tricky. They have to be cool, creative and more entertaining than the latest Snapchat filter. Opt for an activity like WHAT?!! at your local park, and get your child involved in planning to keep things fresh and age appropriate.

—Katy Seese, Just a Taste

3 When my daughter turned 12, we had a candy bar. We bought lots of candy and she had to bring a gift to the party. My daughter was so excited to see her friends and to do something fun. This was a big step and I will never forget it.

—Lisa Baker, Kitchen Confidential

4 As our kids get into party age, it's important to have a group of friends and to make something with fun, food and friends. I would love to see the new party scene in the city. It's a really fun activity to do with the kids and to see them have fun.

—Lisa Baker, Kitchen Confidential



Tweens

1 Tween parties are fun when it comes to their birthdays, and so much depends on what day it is. In the fall, it's a great time to have a party. It's a great time to have a party. It's a great time to have a party.

—Chris Givner, Erin Bekas

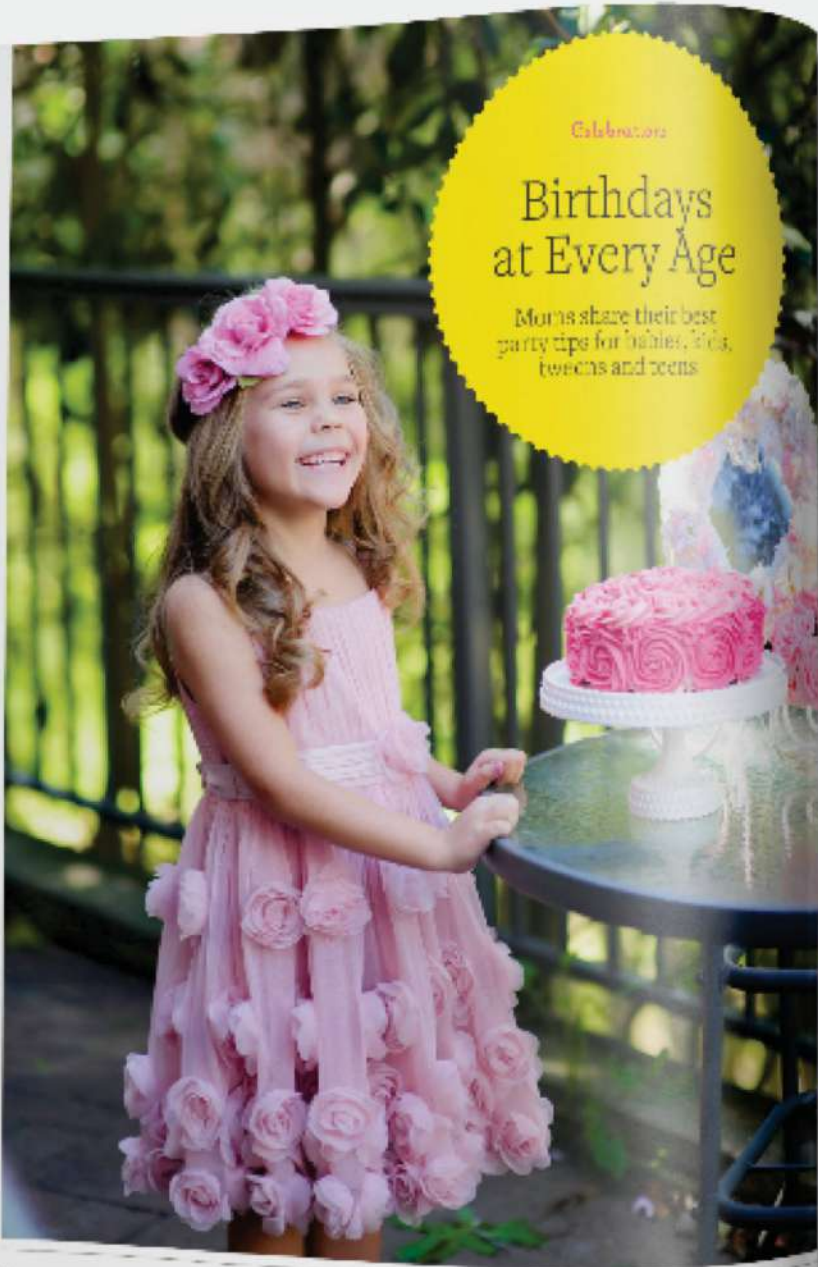
2 Now that my daughter is officially a teen, we go out with her very often. It's a great time to have a party. It's a great time to have a party. It's a great time to have a party.

—Lisa Baker, Kitchen Confidential

3 Experiences are more fun than parties at this age. It's a great time to have a party. It's a great time to have a party. It's a great time to have a party.

—Katy Seese, Just a Taste





Celebrations

Birthdays at Every Age

Moms share their best party tips for babies, kids, tweens and teens

Whether it's a smash-cake fest for your 1-year-old, a wild animal-themed soiree for your third-grader or a pampering spa day sleepover for your tween, there are lots of ways to keep things more celebratory than stressful. Here are some expert tips. (One thing they all agree on? Adult beverages for the parents, shhhhh!)



Swaps

Grade School

- 1 This is a great age for birthdays! But keep the parties to two hours maximum, or everyone starts to get a little odd. —Ashley Benfield, The Hustling Chef
- 4 If the children are not too young (like 8 and up), it's nice for them to not be made. That way, if they make a mess, it's not a worry. And the adults can have uninterrupted conversation and enjoy the meal. —The Old Mom Loves Baking

- 1 Focus on the food and keep decor to a minimum. But of course, higher-end dinners and a meal for the clock. That'll be \$100 smash cake, etc. —Ashley Benfield, The Hustling Chef
- 2 Miss around your schedule to avoid anyone napping or tired and happy. Babies are overtired with an empty tummy and a sundae of pieces of napping pain, so don't wake any of your absolutely precious free time or energy planning an over-the-top celebration. —Elin Gerstein, The Babes

- 2 Keep it simple! Mini cupcakes are all the best! You need. The more, the better! (But showing for cupcakes for the kiddos!) —Ashley Benfield, The Hustling Chef
- 4 Balloons are crucial. They're inexpensive, yet so festive—if you can get helium balloons from the grocery store, even better. —The Old Mom Loves Baking



Life Hack



Life Hack: Popsicles are the perfect treat, but the drip can make a mess. A great way to prevent that is to use a cascade bear! Cut a small hole in the bottom of the bear and slide the popsicle into it. It's a simple way for those who love to get a night and taking those hands from getting sticky! —poppingpinkness.com