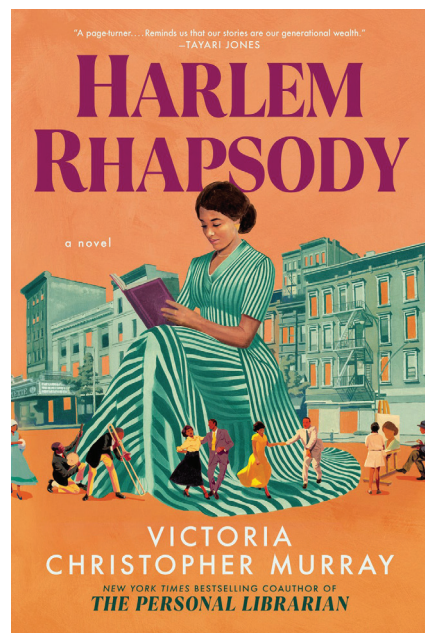


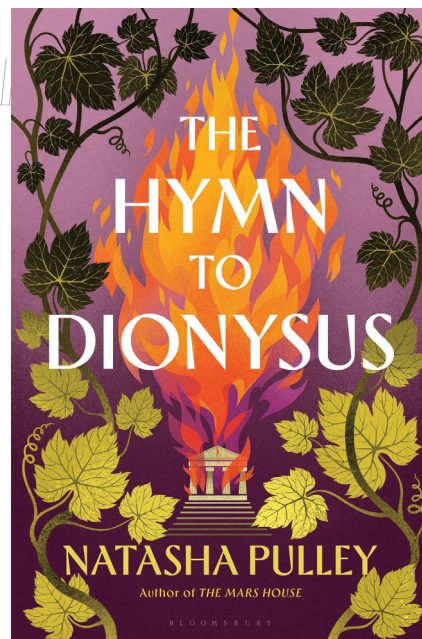


READ, LISTEN, WATCH

Revisionist Revivals

It's been said there are only two types of plots: a man goes on a journey or a stranger comes to town. But new renditions on classic variations of this formula are expanding beyond the man and the stranger, sharing the perspectives of those on the margins of literature. Over the last few years, there has been an explosion of fiction releases that reimagine familiar storylines, from Greek mythology to Biblical tales to beloved literature.

These new interpretations sometimes transport the plot to a modern context or play with a genre twist. In other instances, authors are retelling stories from the



THE HYMN TO DIONYSUS

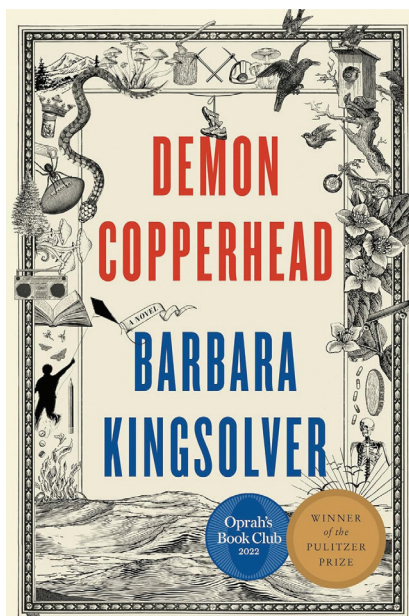
BY NATASHA PULLEY

In this reworking of the Greek myth, a soldier suffering from PTSD finds healing and meaning through his encounters with a wild and mysterious god.

HARLEM RHAPSODY

BY VICTORIA CHRISTOPHER MURRAY

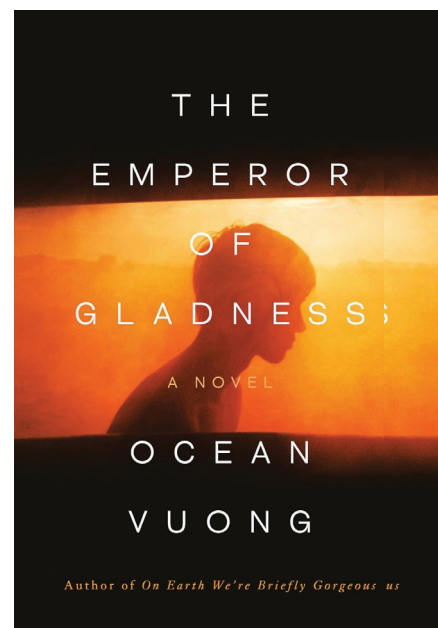
The story of a Black literary editor who worked for W.E.B. Du Bois in the early 1900s and played a pivotal role in shaping both the future of literature and the Harlem Renaissance.



DEMON COPPERHEAD

BY BARBARA KINGSOLVER

Recently re-released as a new edition, this modern retelling of Charles Dickens' David Copperfield explores the opioid crisis in rural America.



THE EMPEROR OF GLADNESS

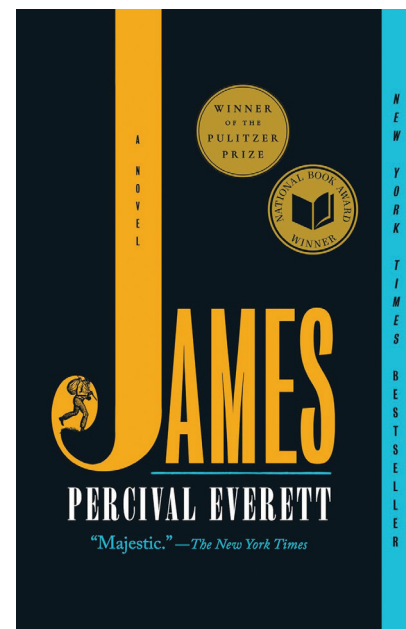
BY OCEAN VUONG

This story of a young Vietnamese-American man who forms an unlikely relationship with an elderly Lithuanian widow is considered an adaptation of A Fine Balance, originally set in India.

JAMES

BY PERCIVAL EVERETT

A spinoff of The Adventures of Huckleberry Finn told from the perspective of the enslaved Jim, who escapes slavery to join the young outcast on his raft journey down the Mississippi River.



Courtesy Cubii,
Global Bodyweight Training

SUGGESTED

Makin' Moves

Treadmill desks are great for keeping workers moving, but not so great at moving around themselves. Enter the Cubii Go, an under-desk elliptical designed to migrate easily when and where it's needed.

Lightweight and compact with a retractable handle and built-in wheels, the Cubii Go can be rolled from the home office to the living room to the kitchen table. The workout machine, which includes 10 resistance levels and an app for tracking movement, is also quieter than many other options, so colleagues won't hear it humming in the background during meetings.

Cubii Go, \$219



PRO TRAINING

Coach **Kathy Donato** explains why animal flow has people getting down on all fours.

GIVE US THE DL.

"It's a quadrupedal movement training system, like yoga mixed with parkour and mixed martial arts."

WHAT'S IT LIKE TO DO?

"It's freeing. We take our shoes off and get to explore. The mind reconnects with the body."

WHAT ARE THE BENEFITS?

"Moving laterally and in different ranges of motion creates a more resilient body and improves cognitive processes."



Find out more at animalflow.com.