

onyx regent health and wellness

Onyx Regent Health and Wellness: Your Journey to a Vibrant Life

Are you feeling overwhelmed, burnt out, or simply disconnected from your best self? Do you crave a holistic approach to health and wellness that goes beyond fad diets and quick fixes? Then you've come to the right place. This comprehensive guide dives deep into the world of Onyx Regent Health and Wellness, exploring how this philosophy can help you achieve a vibrant, balanced, and fulfilling life. We'll unravel the core principles, explore practical applications, and answer your burning questions, so you can begin your journey towards optimal well-being.

Understanding the Onyx Regent Health and Wellness Philosophy

Onyx Regent Health and Wellness isn't just another wellness program; it's a holistic philosophy centered around the interconnectedness of mind, body, and spirit. The "onyx" represents strength, resilience, and transformation, symbolizing the inner power we all possess to overcome challenges and achieve our health goals. "Regent" signifies the conscious reign we hold over our own well-being, emphasizing personal responsibility and empowered decision-making.

This philosophy moves beyond the superficial, addressing the root causes of imbalance rather than just treating symptoms. It integrates various elements of well-being, including:

Physical Wellness: This encompasses healthy eating habits, regular exercise, sufficient sleep, and mindful movement. It's not about strict diets or punishing workouts but about finding sustainable practices that nourish your body and promote vitality.

Mental Wellness: This focuses on cultivating a positive mindset, managing stress effectively, and practicing self-compassion. Techniques like mindfulness meditation, cognitive behavioral therapy (CBT) principles, and journaling are valuable tools within this aspect.

Emotional Wellness: This involves understanding and processing your emotions in healthy ways. It encourages emotional intelligence, self-awareness, and the development of healthy coping mechanisms for dealing with challenges.

Spiritual Wellness: This aspect explores your sense of purpose, meaning, and connection to something larger than yourself. It can involve practices like prayer, meditation, spending time in nature, or engaging in activities that bring you joy and fulfillment.

Practical Applications of Onyx Regent Health and Wellness

The beauty of Onyx Regent Health and Wellness lies in its flexibility and adaptability. It's not a one-size-fits-all approach but a framework that allows you to personalize your wellness journey. Here are

some practical steps you can take to incorporate these principles into your daily life:

Mindful Eating: Pay attention to your body's hunger and fullness cues. Choose nutrient-rich foods and savor each bite. Avoid emotional eating and focus on nourishing your body with intention.

Regular Movement: Find activities you enjoy, whether it's yoga, dancing, hiking, or simply a brisk walk. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Stress Management Techniques: Incorporate stress-reducing practices into your routine, such as meditation, deep breathing exercises, or spending time in nature. Learn to identify your stressors and develop healthy coping mechanisms.

Prioritize Sleep: Aim for 7-9 hours of quality sleep each night. Create a relaxing bedtime routine, optimize your sleep environment, and address any underlying sleep disorders.

Cultivate Positive Relationships: Nurture your connections with loved ones and build supportive relationships. Surround yourself with people who uplift and inspire you.

Engage in Self-Reflection: Regularly take time for self-reflection. Journaling, meditation, or simply spending quiet time in nature can help you connect with your inner self and identify areas for growth.

Building a Sustainable Wellness Routine

Creating a sustainable wellness routine requires commitment and consistency. Start small, focusing on one or two areas at a time. Gradually incorporate more practices as you build momentum. Remember that setbacks are inevitable; the key is to learn from them and keep moving forward. Celebrate your successes along the way and don't be afraid to ask for support when you need it.

The Power of Community in Onyx Regent Health and Wellness

The Onyx Regent philosophy thrives on community. Connecting with like-minded individuals who share your commitment to wellness can provide invaluable support, motivation, and accountability. Consider joining a wellness group, attending workshops, or finding a mentor who can guide you on your journey.

Conclusion

Onyx Regent Health and Wellness offers a powerful and transformative approach to achieving optimal well-being. By focusing on the interconnectedness of mind, body, and spirit, and by incorporating practical strategies into your daily life, you can unlock your inner potential and create a life filled with vitality, joy, and fulfillment. Remember, this is a journey, not a destination. Embrace the process, celebrate your progress, and enjoy the ride!

FAQs

1. Is Onyx Regent Health and Wellness suitable for everyone?

Yes, the principles of Onyx Regent Health and Wellness are adaptable to various lifestyles and needs. However, it's crucial to consult with healthcare professionals before making significant changes to your diet or exercise routine, especially if you have underlying health conditions.

1. How long does it take to see results with Onyx Regent Health and Wellness?

The timeframe for seeing results varies depending on individual factors and the consistency of your efforts. You may notice improvements in your energy levels, mood, and overall well-being relatively quickly, but significant transformation often requires sustained commitment.

1. What if I experience setbacks along the way?

Setbacks are a normal part of any journey towards wellness. Don't get discouraged. Learn from your mistakes, adjust your approach as needed, and keep moving forward. Remember that self-compassion is key.

1. Are there any specific resources or tools recommended for Onyx Regent Health and Wellness?

While Onyx Regent doesn't endorse specific products, many resources can support your journey. Explore mindfulness apps, meditation guides, healthy recipe websites, and fitness trackers to find tools that resonate with you.

1. How can I find a community to support my Onyx Regent Health and Wellness journey?

Online forums, local wellness centers, and social media groups focused on health and wellness can be excellent places to connect with like-minded individuals. Consider attending workshops or classes related to your interests within the framework of Onyx Regent principles.

onyx regent health and wellness: Bloodmarked Tracy Deonn, 2022-11-08 When the leaders of the Order reveal that they will do everything in their power to keep the approaching demon war a secret, Bree and her friends go on the run so she can learn how to control her devastating new powers.--

onyx regent health and wellness: Let's Review Regents: Physics--Physical Setting 2020 Miriam A. Lazar, Albert Tarendash, 2020-06-19 Always study with the most up-to-date prep! Look for Let's Review Regents: Physics--The Physical Setting, ISBN 9781506266305, on sale January 05, 2021. Publisher's Note: Products purchased from third-party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitles included with the product.

onyx regent health and wellness: The Psychology of Notorious Serial Killers Todd Grande, 2021 What drives serial killers to commit their horrific crimes? Are sex crimes really motivated by sexual desire? Why do some killers stop killing, while others escalate? The science of personality theory has advanced dramatically in recent years, shedding new light on the inner workings of these criminals. In this book, professional counselor Todd.

onyx regent health and wellness: Let's Review Regents: Living Environment Revised Edition Gregory Scott Hunter, 2021-01-05 Barron's Let's Review Regents: Living Environment gives students the step-by-step review and practice they need to prepare for the Regents exam. This updated edition is an ideal companion to high school textbooks and covers all Biology topics prescribed by the New York State Board of Regents. This edition includes: One recent Regents exam and question set with explanations of answers and wrong choices Teachers' guidelines for developing New York State standards-based learning units. Two comprehensive study units that cover the following material: Unit One explains the process of scientific inquiry, including the understanding of natural phenomena and laboratory testing in biology Unit Two focuses on specific biological concepts, including cell function and structure, the chemistry of living organisms, genetic continuity, the interdependence of living things, the human impact on ecosystems, and several other pertinent topics Looking for additional review? Check out Barron's Regents Living Environment Power Pack two-volume set, which includes Regents Exams and Answers: Living Environment in addition to Let's Review Regents: Living Environment.

onyx regent health and wellness: A Darker Shade of Magic V. E. Schwab, 2015-02-24 A Darker Shade of Magic, from #1 New York Times bestselling author V.E. Schwab Kell is one of the last Antari—magicians with a rare, coveted ability to travel between parallel Londons; Red, Grey, White, and, once upon a time, Black. Kell was raised in Arnes—Red London—and officially serves the Maresh Empire as an ambassador, traveling between the frequent bloody regime changes in White London and the court of George III in the dullest of Londons, the one without any magic left to see. Unofficially, Kell is a smuggler, servicing people willing to pay for even the smallest glimpses of a world they'll never see. It's a defiant hobby with dangerous consequences, which Kell is now seeing firsthand. After an exchange goes awry, Kell escapes to Grey London and runs into Delilah Bard, a cut-purse with lofty aspirations. She first robs him, then saves him from a deadly enemy, and finally forces Kell to spirit her to another world for a proper adventure. Now perilous magic is afoot, and treachery lurks at every turn. To save all of the worlds, they'll first need to stay alive. A Darker Shade of Magic has all the hallmarks of a classic work of fantasy. Schwab has given us a gem of a tale...This is a book to treasure.—Deborah Harkness, New York Times bestselling author of the All Souls trilogy Shades of Magic series 1. A Darker Shade of Magic 2. A Gathering of Shadows 3. A Conjuring of Light At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

onyx regent health and wellness: Financial Management of Health Care Organizations William N. Zelman, Michael J. McCue, Noah D. Glick, 2009-09-15 Thoroughly revised, this third edition of Financial Management of Health Care Organizations offers an introduction to the most-used tools and techniques of health care financial management. Comprehensive in scope, the book covers a broad range of topics that include an overview of the health care system and evolving reimbursement methodologies; health care accounting and financial statements; managing cash, billings, and collections; the time value of money and analyzing and financing major capital investments; determining cost and using cost information in decision-making; budgeting and performance measurement; and pricing. In addition, this new edition includes information on new laws and regulations that affect health care financial reporting and performance, revenue cycle management expansion of health care services into new arenas, benchmarking, interest rate swaps, bond ratings, auditing, and internal control. This important resource also contains information on the 2007 Healthcare Audit Guide of the American Institute of Certified Public Accountants (AICPA). Written to be accessible, the book avoids complicated formulas. Chapter appendices offer advanced, in-depth information on the subject matter. Each chapter provides a detailed outline, a summary,

and key terms, and includes problems in the context of real-world situations and events that clearly illustrate the concepts presented. Problem sets that end each chapter have been updated and expanded to support more in-depth learning of the chapters' concepts. An Instructor's Manual, available online, contains PowerPoint and Excel files.

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Gregory Scott Hunter, 2020-06-19 Always study with the most up-to-date prep! Look for Let's Review Regents: Living Environment, ISBN 9781506264783, on sale January 05, 2021. Publisher's Note: Products purchased from third-party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitles included with the product.

onyx regent health and wellness: The Book of Divine Works St. Hildegard of Bingen, 2018-10-16 Completed in 1173, The Book of Divine Works (Liber Divinorum Operum) is the culmination of the Visionary's Doctor's theological project, offered here for the first time in a complete and scholarly English translation. The first part explores the intricate physical and spiritual relationships between the cosmos and the human person, with the famous image of the universal Man standing astride the cosmic spheres. The second part examines the rewards for virtue and the punishments for vice, mapped onto a geography of purgatory, hellmouth, and the road to the heavenly city. At the end of each Hildegard writes extensive commentaries on the Prologue to John's Gospel (Part 1) and the first chapter of Genesis (Part 2)—the only premodern woman to have done so. Finally, the third part tells the history of salvation, imagined as the City of God standing next to the mountain of God's foreknowledge, with Divine Love reigning over all.

onyx regent health and wellness: Let's Review Physics Miriam Lazar, 2009-09-01 This detailed manual reviews all topics covered in the New York State high school curriculum for physics and prepares students to pass the Regents Physics Exam. Topics covered include a general introduction, motion in one dimension, forces and Newton's laws, vector quantities and their applications, circular motion and gravitation, momentum and its conservation, work and energy, the properties of matter, static electricity, electric current and circuits, magnetism and electromagnetism, waves and sound, light and geometric optics, solid-state physics, modern physics from Planck's hypothesis to Einstein's special theory of relativity, and nuclear energy. One recently-given actual Regents Physics Exam is also presented with an answer key.

onyx regent health and wellness: Official List of Section 13(f) Securities ,

onyx regent health and wellness: Slow Horses Mick Herron, 2010 Who can you trust when nothing's as it seems?

onyx regent health and wellness: *Catherine de Medici* Leonie Frieda, 2022-01-11 The inspiration for the STARZ original series, The Serpent Queen, premiering September 11. "A beautifully written portrait of a ruthless, subtle and fearless woman fighting for survival and power in a world of gangsterish brutality, routine assassination and religious mania. . . . Frieda has brought a largely forgotten heroine-villainess and a whole sumptuously vicious era back to life. . . . This is The Godfather meets Elizabeth." —Simon Sebag Montefiore, author of Stalin: The Court of the Red Tsar Poisoner, besotted mother, despot, necromancer, engineer of a massacre: the dark legend of Catherine de Medici is centuries old. In this critically hailed biography, Leonie Frieda reclaims the story of this unjustly maligned queen of France to reveal a skilled ruler battling extraordinary political and personal odds. Based on comprehensive research including thousands of Catherine's own letters, Frieda unfurls Catherine's story from her troubled childhood in Florence to her tumultuous marriage to Henry II of France; her transformation of French culture to her reign as a queen who would use brutality to ensure her children's royal birthright. Brilliantly executed, this enthralling biography goes beyond myth to paint a very human portrait of this remarkable figure.

onyx regent health and wellness: Official Congressional Directory United States.

Congress, 2012-01-18 Contains biographies of Senators, members of Congress, and the Judiciary. Also includes committee assignments, maps of Congressional districts, a directory of officials of executive agencies, addresses, telephone and fax numbers, web addresses, and other information.

onyx regent health and wellness: The Circle Maker Mark Batterson, 2016-12-06 With over

one million copies sold, New York Times bestseller *The Circle Maker* is a must-read for revolutionizing your prayer life. Get ready to experience new breakthroughs, knowing that bold prayers honor God and God honors bold prayers. Do you ever sense that there's far more to prayer than what you're experiencing? Are you praying over your impossible dreams and greatest fears? Do you feel like something is holding you back in your prayer life? It's time you learned from the legend of Honi the Circle Maker. When his land was drought-stricken in ancient times, Honi ha-M'agel drew a circle in the sand, stepped inside it, and wouldn't budge until God answered his petition for rain. Honi's story transformed author Mark Batterson's own experience with prayer and inspired him to document his journey to praying more powerful prayers in *The Circle Maker*. Sharing inspiring stories from modern-day circle makers as well as his own experiences, Mark imparts the timeless wisdom and encouragement you need to: Discern God's will for your life Uncover your heart's hidden desires Pursue God-sized dreams Connect with God in fresh ways Deepen your faith and your relationship with prayer Draw prayer circles around your family, your community, your challenges, and your dreams This updated and expanded edition of *The Circle Maker* also includes new insights about the ways that God answers prayer along with stories that add convincing proof to the reality that God is able to do exceedingly far greater than all we could ask or imagine. Learn for yourself that drawing prayer circles around our dreams isn't just a way that we accomplish great things for God—it's a way that God accomplishes great things in us.

onyx regent health and wellness: The False Prince Jennifer A. Nielsen, 2012-06-07 If you love the danger and sword-fighting of MERLIN, you'll like this! In a discontent kingdom, civil war is brewing. To unify the divided people, Conner, a nobleman of the court, devises a cunning plan to find an impersonator of the king's long-lost son and install him as a puppet prince. Four orphans are recruited to compete for the role, including a defiant boy named Sage. Sage knows that Conner's motives are more than questionable, yet his life balances on a sword's point - he must be chosen to play the prince or he will certainly be killed. As Sage's journey continues, layer upon layer of treachery and deceit unfold, until finally a truth is revealed that proves more dangerous than all of the lies put together.

onyx regent health and wellness: Julieta and the Diamond Enigma Luisana Duarte Armendáriz, 2020 From the Mixed-Up Files of Mrs. Basil E. Frankweiler meets Merci Suarez in this smart young middle-grade mystery about a diamond gone missing from the Louvre and the sweet and spunky girl who cracks the case.

onyx regent health and wellness: Strategic Management for Hospitality and Tourism Fevzi Okumus, Levent Altinay, Prakash Chathoth, Mehmet Ali Koseoglu, 2019-10-30 Strategic Management for Hospitality and Tourism is an essential text for both intermediate and advanced learners aspiring to build their knowledge related to the theories and perspectives on the topic. The book provides critical and analytical insights on contemporary theoretical models and management practices while enhancing the learning process through worked examples and cases applied to the hospitality and tourism setting. This new edition highlights the rapidly changing socio-economic and political global landscape and addresses the cultural and socio-economic complexities of hospitality and tourism organizations in the new era. It has been fully updated to include: A new chapter on finance, business ethics, corporate social responsibility, and leadership as well as new content on globalisation, experience economy, crisis management, consumer power, developing service quality, innovation and implementation of principles. New features to aid understanding of the application of theory, and spur critical thinking and decision making. New international case studies with reflective questions throughout the book from both SME's and large-scale businesses. Updated online resources including PowerPoint presentations, additional case studies and exercises, and web links to aid both teaching and learning. Highly illustrated and in full colour design, this book is essential reading for all future hospitality and tourism managers.

onyx regent health and wellness: Buyology Martin Lindstrom, 2010-02-02 NEW YORK TIMES BESTSELLER • “A fascinating look at how consumers perceive logos, ads, commercials, brands, and products.”—Time How much do we know about why we buy? What truly influences our

decisions in today's message-cluttered world? In *Buyology*, Martin Lindstrom presents the astonishing findings from his groundbreaking three-year, seven-million-dollar neuromarketing study—a cutting-edge experiment that peered inside the brains of 2,000 volunteers from all around the world as they encountered various ads, logos, commercials, brands, and products. His startling results shatter much of what we have long believed about what captures our interest—and drives us to buy. Among the questions he explores: • Does sex actually sell? • Does subliminal advertising still surround us? • Can “cool” brands trigger our mating instincts? • Can our other senses—smell, touch, and sound—be aroused when we see a product? *Buyology* is a fascinating and shocking journey into the mind of today's consumer that will captivate anyone who's been seduced—or turned off—by marketers' relentless attempts to win our loyalty, our money, and our minds.

onyx regent health and wellness: *The Jasmine Throne* Tasha Suri, 2021-06-08 WINNER OF THE WORLD FANTASY AWARD FOR BEST NOVEL NAMED ONE OF THE BEST BOOKS OF 2021 BY PUBLISHERS WEEKLY, LIBRARY JOURNAL, BOOKLIST, AND THE NEW YORK PUBLIC LIBRARY A ruthless princess and a powerful priestess come together to rewrite the fate of an empire in this “fiercely and unapologetically feminist tale of endurance and revolution set against a gorgeous, unique magical world” (S. A. Chakraborty, author of the *The City of Brass*). Exiled by her despotic brother, princess Malini spends her days dreaming of vengeance while imprisoned in the Hirana: an ancient cliffside temple that was once the revered source of the magical deathless waters but is now little more than a decaying ruin. The secrets of the Hirana call to Priya. But in order to keep the truth of her past safely hidden, she works as a servant in the loathed regent's household and cleaning Malini's chambers. When Malini witnesses Priya's true nature, their destinies become irrevocably tangled. One is a ruthless princess seeking to steal a throne. The other a powerful priestess desperate to save her family. Together, they will set an empire ablaze. Praise for *The Jasmine Throne*: Suri's writing always brings me to another world; one full of wonders and terrors, where every detail feels intricately and carefully imagined. —R. F. Kuang, author of *Babel Raises the Bar* for what epic fantasy should be. —Chloe Gong, author of *These Violent Delights* An intimate, complex, magical study of empire and the people caught in its bloody teeth. I loved it.” —Alix E. Harrow, author of *The Once and Future Witches* Suri's incandescent feminist masterpiece hits like a steel fist inside a velvet glove. Simply magnificent. —Shelley Parker-Chan, author of *She Who Became the Sun* A fierce, heart-wrenching exploration of the value and danger of love in a world of politics and power. —Publishers Weekly (starred review) Lush and stunning....Inspired by Indian epics, this sapphic fantasy will rip your heart out. —BuzzFeed News

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onyx regent health and wellness: *Dorothy Osborne* Dorothy Osborne, William Temple, 2002 Seventy-seven letters from an upper-class English woman to her paramour offer a window in to a courtship that, the editor argues, are marked by the intelligence of the writer and her insistence of being treated as an intellectual equal. Explanatory notes and an introduction discussing the importance of the letters for understanding gender politics in 17th century England accompany the letters. Appendices present letters from after the marriage, genealogies, and other contextual information. Annotation copyrighted by Book News, Inc., Portland, OR.

onyx regent health and wellness: *Beautiful on Raw* Tonya Zavasta, 2005

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they'll first need to stay alive. *A Darker Shade of Magic* — Kell was raised in Arnes—Red London—and officially serves the Maresh Empire as an ambassador, traveling between the frequent bloody regime changes in White London and the court of George III in the dullest of Londons. Unofficially, Kell is a smuggler, servicing people willing to pay for even the smallest glimpses of a world they'll never see. It's a defiant hobby with dangerous consequences, which Kell is now seeing firsthand. *A Gathering of Shadows* — Restless, and having given up smuggling, Kell is visited by dreams of ominous magical events, waking only to think of Lila, who disappeared from the docks like she always meant to do. And while Red London is caught up in the pageantry and thrills of the Element Games, another London is coming back to life, and those who were thought to be forever gone have returned. *A Conjuring of Light* — As darkness sweeps the Maresh Empire, the once precarious balance of power among the four Londons has reached its breaking point. In the wake of tragedy, Kell—once assumed to be the last surviving Antari—begins to waver under the pressure of competing loyalties. Lila Bard has survived and flourished through a series of magical trials. But now she must learn to control the magic, before it bleeds her dry. Tor books by V. E. Schwab *The Shades of Magic* series *A Darker Shade of Magic* *A Gathering of Shadows* *A Conjuring of Light* *The Villains* series *Vicious* At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

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hands-on tool, designed to accompany you on the next phase of your personal leadership development journey. Beginning with a focus on what you have already accomplished and what has gone well with this Practice, the pages then guide you through several interactive exercises and a practical process for expanding and refining your Model the Way skills. You will also explore ways in which can develop your team members and influence the broader spheres of you work unit or organization. Finishing up the module with a detailed action plan, you will leave the session with a detailed map for continuing your journey toward exceptional leadership.

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onyx regent health and wellness: *Secrets of God* Hildegard of Bingen, 1996-07-09 A unique glimpse into the mind of the 12-century visionary Hildegard of Bingen through her “creative and insightful” writings on medicine, spirituality, and more (Booklist) Visionary, mystic, poet, musician, naturalist, healer, theologian—the Rhineland nun Hildegard of Bingen (1098–1179) was a Renaissance woman long before there was a Renaissance. This is the first book in English to offer a representative selection of writings from all of her amazing range of work. Hildegard wrote many volumes on subjects from mystical vision to sexuality, from theology to natural medicine—in letters, treatises, poetry, and songs—all in an age when few women wrote more than an occasional letter. She was a woman of extraordinary influence whose work not only surpassed that of her male contemporaries in its range, but also outshone them in visionary beauty and intellectual power. This collection includes a brief biography of Hildegard, and selections from the following works: • Scivias (literally, “know the ways”), the record of Hildegard's visions and her commentary on them • The Book of Life's Merits, visionary work • The Book of Divine Works, a work of cosmology and anthropology • Natural History, a record of plants, animals, and minerals, translated here into English for the first time • Causes and Cures, a compendium of her writing on natural medicine • Symphonia, her songs and poetry • Biographical works • Selected letters

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onyx regent health and wellness: Hildegard of Bingen Saint Hildegard, 1990 In one series, the original writings of the universally acknowledged teachers of the Catholic, Protestant, Eastern Orthodox, Jewish, and Islamic traditions have been critically selected, translated and introduced by internationally recognized scholars and spiritual leaders.

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Laura-Shay Adams, Mariam Ahmad, Jahmal Brown Brown, Misha Bushyager, Alexandria Bustion, Duan Byrd, John Compton, Sarah Davis, Naomi Fritts, Sasha Laranoa Harvin, Gabriel Hicks, Tk Johnson, 2021-07-13 South of a forbidding range of mountain peaks lies a land of boundless resources and untold opportunity. The Mwangi Expanse has been home to an untold diversity of cultures and peoples since time immemorial, hosting powerful, isolated city states that have often paid little attention to their neighbors. Yet the turning tides of fortune have begun to usher in changes that are rippling across the world. As a band of scholars from an ancient university venture north to aid a disaster-torn Avistan. A revolution-forged nation seeks powerful allies against foreign aggression. An undead god, once a symbol of hope to his declining nation, now grows jealous enough to turn on his self-proclaimed kin. Whether you are a diplomat seeking leverage from the most difficult of positions, a spy seeking the subtlest hint of danger from your surroundings, a guardian hoping to protect your home and people, or a warrior striking back at tyrants both native and foreign, this guide to the Mwangi Expanse offers you the ultimate resource to explore a realm of magic, monsters, and intrigue! Written by: Laura-Shay Adams, Mariam Ahmad, Jahmal Brown, Misha Bushyager, Alexandria Bustion, Duan Byrd, John Compton, Sarah Davis, Naomi Fritts, Sasha Laranoa Harving, Gabriel Hicks, TK Johnson, Michelle Jones, Joshua Kim, Travis Lionel, Ron Lundeen, Stephanie Lundeen, Hillary Moon Murphy, Lu Pellazar, Mikhail Rekun, Nate Wright, and Jabari Weathers

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Alexandre Dumas published *The Three Musketeers*, a novel so famous and still so popular today that it scarcely needs introduction. Shortly thereafter he wrote a sequel, *Twenty Years After*, that resumed the adventures of his swashbuckling heroes. Later, toward the end of his career, Dumas wrote *The Red Sphinx*, another direct sequel to *The Three Musketeers* that begins, not twenty years later, but a mere twenty days afterward. *The Red Sphinx* picks up right where *The Three Musketeers* left off, continuing the stories of Cardinal Richelieu, Queen Anne, and King Louis XIII—and introducing a charming new hero, the Comte de Moret, a real historical figure from the period. A young cavalier newly arrived in Paris, Moret is an illegitimate son of the former king, and thus half-brother to King Louis. The French Court seethes with intrigue as king, queen, and cardinal all vie for power, and young Moret soon finds himself up to his handsome neck in conspiracy, danger—and passionate romance! Dumas wrote seventy-five chapters of *The Red Sphinx*, all for serial publication, but he never quite finished it, and so the novel languished for almost a century before its first book publication in France in 1946. While Dumas never completed the book, he had earlier written a separate novella, *The Dove*, that recounted the final adventures of Moret and Cardinal Richelieu. Now for the first time, in one cohesive narrative, *The Red Sphinx* and *The Dove* make a complete and satisfying storyline—a rip-roaring novel of historical adventure, heretofore unknown to English-language readers, by the great Alexandre Dumas, king of the swashbucklers.

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