

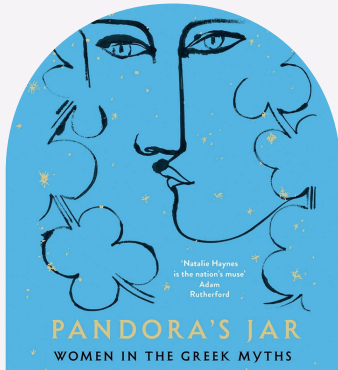
Stronger

Healthier

Happier

SUNDAY MORNING WITH TIFFANY

12 NOVEMBER, 2023



READ

Learn More

I listen to a lot of audiobooks on my commute and during boring housework.

Natalie Haynes reads her own book with proud flair, bringing modern life to these tales. Pandora's Jar uses "new" ancient sources and shows that women were not as absent from Greek myth as some versions of their stories make it seem.

My favorite chapter is about Medusa, whose background had more possibilities than her head eventually had snakes.



EAT

Get the Recipe

I've recently started a journey into bodybuilding, meaning my weightlifting routine is more intense and I have to pay more attention to what goes into meals. That said, the moment I feel a chilly Fall breeze my appetite turns to comfort food, especially my favorite, French toast.

This recipe by IFBB Pro Greg Doucette, lets me enjoy all the warm sweet smells and taste without the added calories. At my house we like to top it off with Noosa brand Lemon yogurt, but you can try any fruit topping to give it an extra sweet tart.



WATCH

Arnold

Intensifying my weightlifting means reacquainting myself with the greats, and when it comes to bodybuilding there is no one who has done it better than Arnold Schwarzenegger.

This three-part documentary series on Netflix covers his time not just on the stage but the years to get there, the hard work during and after, his Hollywood career, and then the political. His drive and vision always inspire me when the going get tough, and if you have ever loved his work in film or stage I think you will enjoy this series too.

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