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MORNING GLORY

[Photo](#)

March 11, 2011



ELLIE BARANCIK is a comedy writer and producer. She began her career as a receptionist for the legendary TV show [“Saturday Night Live.”](#) Since then, she has been a staff writer/producer for a variety of television shows including the award-winning [Late Night with Conan O’Brien](#). Her segment, featuring Mr.T was named Entertainment Weekly’s [#1 Most Memorable Moment](#) of the show’s 16 year run. She most

recently was a writer/producer for [The Bonnie Hunt Show](#) on which she was regularly featured, chatting wittily with Bonnie in that effortless way, only great comics can.

WHAT TIME DO YOU WAKE UP?

It all depends. If I'm working on a show, usually around 7-8am. If I'm not working then I wake up right before it's time to go back to sleep.

WHAT DO YOU HAVE FOR BREAKFAST?

I don't eat breakfast. Usually I just have a cup of coffee...with half and half and a packet of sugar. I like it to taste like the coffee candies my Nana used to have in her apartment.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

Sleepy.

WHAT GETS YOUR CREATIVE JUICES FLOWING?

Nothing better than being in the writers' room when something ridiculous is happening in the world of pop culture. Nothing better...

[Photo](#)

March 10, 2011



LANGLEY KIRKWOOD is an English-born South African actor who has an extraordinary ability to transform himself. Reputed for his skill at mastering various accents, he has appeared in a wide range of film & television projects such as the acclaimed HBO series: [Generation Kill](#). He currently plays the role of

Rudi on the BBC television series [Outcasts](http://www.langleykirkwood.com). www.langleykirkwood.com

WHAT TIME DO YOU WAKE UP?

As early as my body lets me.

WHAT DO YOU HAVE FOR BREAKFAST?

Fruit, muesli and yoghurt and strong, black coffee

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

Hopeful

WHAT GETS YOUR JUICES FLOWING?

Food! And long solo bike rides.

[Photo](#)

March 09, 2011



RACHEL KHOO is an international food creative whose work has spanned six-course dinners and workshops in places as far-flung as [London](#), [Paris](#), [Berlin](#), Milan, [Melbourne](#), [Sydney](#) and [Buenos Aires](#). She is also a food writer with books [“Barres à céréales, Granola et Muesli faites maison”](#) and [‘Pâtes à tartiner’](#) published by Marabout. She is currently writing her third cookbook (first book in English) to be published by Michael Joseph in Spring 2012 and running [‘La petite cuisine à Paris’](#).

WHAT TIME DO YOU WAKE UP?

It really depends on what time I get to bed but usually between 7.30-8.30am

WHAT DO YOU HAVE FOR BREAKFAST?

Herbal tea is a must, fresh fruit and yoghurt. In the winter a nice bowl of steaming porridge with a drizzle of honey or maple syrup.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

Refreshed and ready for a new day full of challenges.

WHAT GETS YOUR JUICES FLOWING?

Sunshine and music.

[Photo](#)

March 08, 2011



NINA GORDON is an American rock singer. Co-founder of the iconic band Veruca Salt, she wrote the hits [Seether](#) and [Volcano Girls](#). After leaving Veruca Salt in 1998, she released two successful solo albums: [Tonight and The Rest of My Life](#) and [Bleeding Heart Graffiti](#). In 2006 her fabulous [tongue-in-cheek acoustic cover of NWA's 'Straight Outta Compton'](#) quickly went viral on the internet. For the past few years she's been focused on raising her two terrific kids. They're both walking now, and she's getting ready to rock.

WHAT TIME DO YOU WAKE UP?

6:30 am

WHAT DO YOU HAVE FOR BREAKFAST?

Tea and 2 or 3 cookies

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

sleepwrecked

WHAT GETS YOUR JUICES FLOWING?

flowing juice, and freedom from responsibility.

[Photo](#)

March 07, 2011



***YAN CEH** is a Renaissance man: artist, writer, DJ, former Editor-in-Chief of Playboy France and the founder of the new literary journal [zeitgeist](#) which will launch from Paris in mid March. He is pictured above, standing to the right of Michel Houellebecq, one of the many illustrious contributors to the inaugural issue of **zeitgeist**: Yannick Haenel, Catherine Millet, Dave Eggers, Miranda July, Douglas Gordon, Jack Pierson & Todd Eberle will also be featured: www.zeitgeist-paris.net*

WHAT TIME DO YOU WAKE UP?

Around 8 or 9am

WHAT DO YOU HAVE FOR BREAKFAST?

Real Orange Juice.

Croissant.

Coffee.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

Pale Blue.

WHAT GETS YOUR JUICES FLOWING?

Magnesium / Cigar / Bar Hemingway & Ritz Bar cocktails

[Photo](#)

March 04, 2011



AMY THOMAS is a writer whose work has appeared in the *New York Times*, *National Geographic Traveler*, *Gourmet* and other print & online publications. She also pens the delicious blog [SWEET FREAK](#)

which chronicles her continuing quest for the best sweets in her two hometowns: New York & Paris. She is currently at work on her second book, scheduled for publication in 2012.

WHAT TIME DO YOU WAKE UP?

Between 7 & 8

WHAT DO YOU HAVE FOR BREAKFAST?

Coffee with soy milk. And either cereal and banana, oatmeal or yogurt.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

Ugh.

WHAT GETS YOUR JUICES FLOWING?

Dark chocolate, milk chocolate and especially pralinés. Dried pineapple, dried apple and *mendiants* with little pieces of dried fruit. Cakes, cookies, muffins, brownies and *viennoiseries*. An intensely emotional movie or book, or an unexpectedly inspiring website.

[Photo](#)

March 03, 2011



PHILIP TOLEDANO is a photographer whose work has appeared in *Vanity Fair*, *The New York Times* magazine, *The New Yorker*, *Esquire*, *GQ*, *Wallpaper*, *The London Times*, *The Independent Magazine*, *Le Monde*, and *Interview* magazine, amongst others. Phillip is also an artist. His art work varies in medium, from [photography](#) to [installation](#). He recently published a profoundly moving photo journal [“Days With My Father”](#) which chronicles his father’s final years. www.mrtoledano.com

WHAT TIME DO YOU WAKE UP?

between 4-5:30 am

WHAT DO YOU HAVE FOR BREAKFAST?

oatmeal and maple syrup

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

insanely active (i know, that’s two words.)

WHAT GETS YOUR JUICES FLOWING?

What doesn’t? (maybe Sarah Palin.)

[Photo](#)

March 02, 2011



GESA HANSEN is a designer and founder of the [HANSEN FAMILY](#) label. Her award-winning furniture designs combine a traditional Scandinavian aesthetic with Gesa's own modern sensibility. She recently enjoyed collaborations with [Kitsuné](#) and [Surface to Air](#). <http://gesahansen.com>

WHAT TIME DO YOU WAKE UP?

I'm up very early, 6 or 7, even if I come home late.

WHAT DO YOU HAVE FOR BREAKFAST?

coffee. coffee. coffee and a raspberry-brioche.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

best time to sketch.

WHAT GETS YOUR JUICES FLOWING?

wood, colors and oceans.

[Photo](#)

March 01, 2011

[2 notes](#)



***MATTHEW CAWS** is the singer, songwriter, guitarist for the band [Nada Surf](#). The native New York trio has created six of the most critically acclaimed and beloved independent rock albums of the past two decades. [Lucky](#) their last studio album is beyond heavenly and their most recent album [If I Had a Hi-Fi](#) is a fabulous collection of covers and belongs in every music lover's collection. www.nadasurf.com*

WHAT TIME DO YOU WAKE UP?

soon after the sun sneaks into the room. not because i want to, but because my body is telling me that the leisure years of youth are over and i should be out tilling a field.

WHAT DO YOU HAVE FOR BREAKFAST?

two eggs scrambled, whole wheat toast, black coffee.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

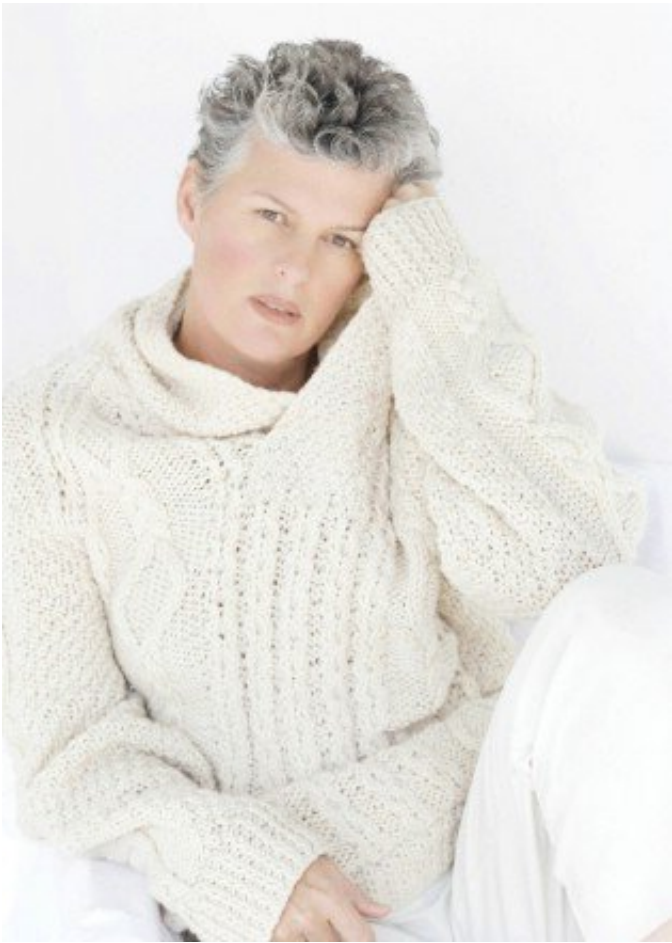
humble.

WHAT GETS YOUR JUICES FLOWING?

epiphanies, joy, regret, seeing a great concert, reading a great book, a reaction to boredom.

[Photo](#)

February 19, 2011



***JOSIE BORAIN** is a model, photographer & mother of three. Former face of Obsession by Calvin Klein, and the one-time Editor of South Africa's FAIR LADY magazine. In 2003, she published the book of photographs [Josie You and Me](#) in which she chronicled her life during the 80's & 90's. The result is an intimate and astounding portrait of an iconic period in the fashion industry.*

WHAT TIME DO YOU WAKE UP?

I wake up at 5:15am if I am going for a ride before taking kids to school or I wake up at 6am if I have to get school lunch and kids ready for school.

WHAT DO YOU HAVE FOR BREAKFAST?

I drink a cup of strong coffee around 6:15am, but don't eat until around 10 30am or 11am. Whole wheat toast with Marmite and fresh, sliced tomatoes.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

Love mornings. I feel great, I am definitely a **morning** person.

WHAT GETS YOUR JUICES FLOWING?

Beauty, as in: mountains, sea, sky ...

[Photo](#)

February 18, 2011



***DAVID WEST** is an artist. Best known for his portraits and collaborations with musicians. His work has appeared in *Jalouse*, *Rouge Gorge* & countless other publications. At the Centre Pompidou in 2009, he executed his drawings 'live' as part of a performance by Adam Green & Carl Barât. He also makes a mean cocktail. His new book is available [here](#).*

WHAT TIME DO YOU WAKE UP?

Time varies as to how late I was up the night before. Often I'm asleep at 5am, and up and running at 9am. If my son is with me I'm up by 7 or 8. I often crash in the afternoon for an hour.

WHAT DO YOU HAVE FOR BREAKFAST?

coffee. occasionally a yogurt with confiture.

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

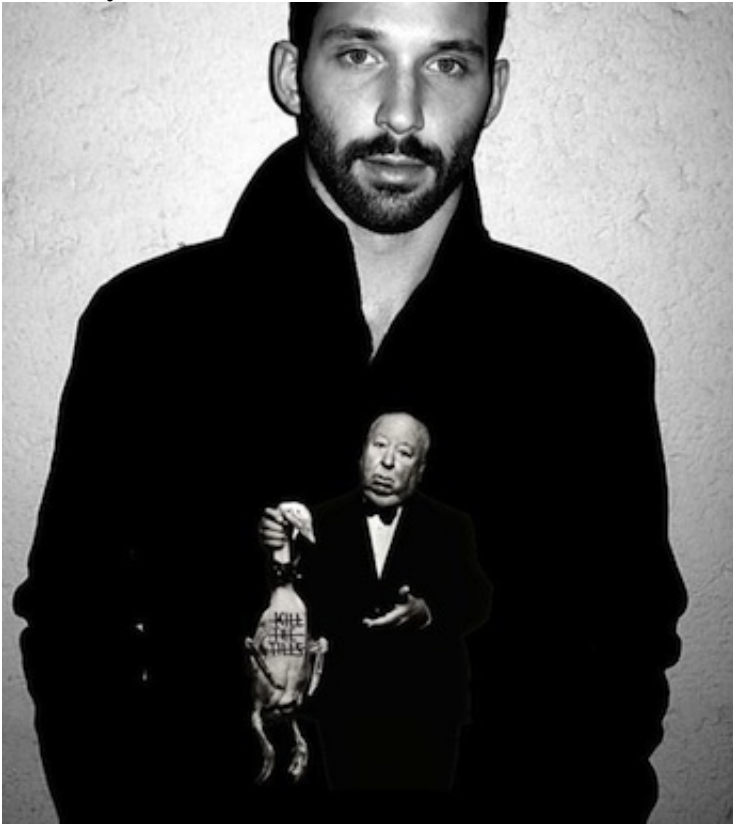
normally quite clear, reflective

WHAT GETS YOUR JUICES FLOWING?

romantic impulses

[Photo](#)

February 18, 2011



***MILEN TILL** is a DJ, a director and a trendsetter. He is one half of the fraternal DJ duo **KILL THE TILLS**. With his brother Amédée Till, he recently directed the new music video [“Keep My Secret”](#) for **MUNK**. <http://killthetills.blogspot.com>*

WHAT TIME DO YOU WAKE UP?

when my brother wakes me up, it always depends when and how we go to bed...

WHAT DO YOU HAVE FOR BREAKFAST?

weisswurst & brezel what else?

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

already?

WHAT GETS YOUR JUICES FLOWING?

To see myself in others. Moments in which I feel a strong creative connection to a film, a book, music, a work of art... or simply in conversation with another person.

[Photo](#)

February 18, 2011

[2 notes](#)



JUSTIN WESTOVER is a photographer. His work has appeared in *Dazed & Confused*, *Another Magazine*, *Rolling Stone*, *Esquire*, *GQ* & more. He has also collaborated with numerous contemporary artists such as: Marina Abramovic, Paul McCarthy, Sam Taylor-Wood, Mat Collishaw, Philippe Bradshaw, Adam Chodzko, Cerith Wyn Evans and Jake & Dinos Chapman. www.justinwestover.com

WHAT TIME DO YOU WAKE UP?

7.10

WHAT DO YOU HAVE FOR BREAKFAST?

2 double espressos

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

melancholy

WHAT GETS YOUR JUICES FLOWING?

fear and self loathing

[Photo](#)

February 18, 2011



AGNES SINELLE is a jewelry designer and the owner of the lovely & magical Paris boutique DANTE & MARIA. www.dantemaria.fr

WHAT TIME DO YOU WAKE UP?

9:32 am

WHAT DO YOU HAVE FOR BREAKFAST?

cigarette & coffee

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

happy

WHAT GETS YOUR JUICES FLOWING?

Meeting the Eyes of Tenacious Kindness

[Photo](#)

February 17, 2011



HERVE MIMRAN is a writer and director. He recently co-wrote and co-directed the highly acclaimed film ***TOUT CE QUI BRILLE*** (Nominated for Best First Film at the 2011 Césars). www.hervemimran.com

WHAT TIME DO YOU WAKE UP?

9:30 am

WHAT DO YOU HAVE FOR BREAKFAST?

fresh orange and lemon juice

ONE WORD THAT DESCRIBES YOUR MOOD IN THE MORNING?

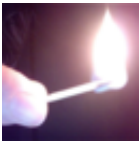
grumpy

WHAT GETS YOUR JUICES FLOWING?

Chercher. Trouver. (To seek. To find.)

[Next »](#)

About



A blog that tells you how successful creators start the day. Brought to you by **Seymour**, Inc.

Discover a wild variety of creative career possibilities, gain insights into the different paths to success in the arts, check out new projects and find inspiration. All that, and yummy breakfast food ideas too!

Put some lead in your pencils and get your juices flowing!

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24 hours later, tumblr is still is unable to retrieve Morning Glory and the rest of my tumblr accounts. I apologize to all the wonderful people who have taken the time to participate, and to those of you who enjoy the blog. I will do my best to rebuild the site as similarly as possible on another platform over the next week. Stay tuned.



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