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Habits That Are Holding
You Back From Happiness

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~~How To Stop Feeling Like~~

Why so often when we take vacations, does it come and go so fast we feel like we didn't get the experience we wanted? This is why.

~~Ever Wonder Why Vacations~~

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~~Feel Like They're Over~~
~~Before They Even Start?~~
~~Here's How To Stop That~~

As strange as it sounds, in the short term, this overthinking can give us a false sense of relief or the illusion of control.

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However, in the long term,
this habit can have real
costs to our ...

~~12 proven strategies to stop
overthinking and ease
anxiety now~~

Living with dissociative

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disorders that can be one of the most disorienting experiences one could have.

Usually, symptoms include feelings of disconnect between yourself, your thoughts, and the world ...

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~~Constantly Feel Like You're
Living In a Dream? That
Might Be Derealization
Disorder~~

This week, government
ministers confirmed that the
next stage of unlocking from
coronavirus restrictions

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will take place on 19 July.
This means that close to all
legal curtailments on
socialising will ...

~~Feeling Anxious about
Unlocking? Here's 8 Tips On
How to Cope, Mentally~~

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This guide for switching
from work to relaxation mode
will help you end every day
with more zen and less
stress. Plus, tomorrow's to-
dos will be manageable.

~~The 5 Minute Habit to Switch~~

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I'm the type of person that I need to keep my mind and hands engaged, so I have to keep working or else I can't operate correctly," he said. When COVID hit Hawaii in

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~~How We Live: To stop feeling
isolated, he started
volunteering. Now he can't
get enough.~~

Feeling like a fraud can

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have an impact on the way we relate to the world. The good news for those who recognise these thoughts is that they're not alone - and there are positive steps they ...

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~~How do I stop feeling like a
fraud?~~

I left that day ashamed,
embarrassed and feeling like
a failure as a man ... more
success and ultimate
fulfillment. Once you stop
that ticking time bomb, you

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become the hero of your own
life.

~~How to Stop the Ticking Time
Bomb on Your Most
Destructive Behavior~~

In the spring of 2020, while
most of us were doing

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nothing more than binge-
watching television with
periodic breaks for
panicking, Zoe Lister-Jones
was at work inventing a new
genre: the feel-good ...

~~Zoe Lister Jones Wants You~~

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~~to Stop Being Afraid It's
Not the End of the World~~

~~You Back From Happiness~~
This week, government
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next stage of unlocking from
coronavirus restrictions
will take place on 19 July.
This means that close to all

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~~Feeling Anxious about the
End of Lockdown? Here's 8
Tips On How to Cope~~

I've focused on how I'd like
to feel in a year, and I

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hope that's very different
... This series, for
example, we were shooting
with non-stop masks, so on a
comedy it's pretty
demoralising sometimes ...

~~Aisling Bea Is Ready to Feel~~

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~~Better Now, Please~~

Q. I'm getting married in a year but I'm starting the preparations now. I'm at a loss how to handle walking down the aisle.

~~There are ways to make all~~

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In today's fast-paced, free-speech online world, chances are high that your child will encounter some type of hate and/or discrimination. This can be against race,

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~~Stop the hate: How to help
youth respond when they
encounter online hatred~~

Maria Bissell used her
family cabin in Minocqua to

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film her first feature, a comic thriller called "How to Deter a Robber." ...

~~Second home movie: Maria Bissell went north to film 'How to Deter a Robber'~~
Spring isn't the only time

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to buy a home. While most agents seemed to post the same video tour for each house, Bornhoft's offered more quirky details that house hunters crave, like which homes had ...

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~~How to buy a home using
these tools~~

The pandemic and working from home made many commutes seem unnecessary. But a return to offices means it's time to hit the roads and rails again – and not

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~~Dreading a return to your
commute? These tips might
make it less terrible.~~

Mj Rodriguez made history on
Tuesday, becoming the first
transgender performer to be

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nominate That Are Holding
category for her portrayal
of nurse Blanca Rodriguez-
Evangelista in FX's highly

...

~~Mj Rodriguez Reacts To
Historic Emmy Nomination For~~

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~~'Pose': "I Finally Feel
Seen"~~

I don't have the patience."

She called out her work at
the girl's school as
"rewarding" – and there's no
doubt that the countless
young women she's helped

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~~Oprah Didn't Want to Have
Babies But That Didn't Stop
Her From Being Maternal: 'I
Feel Like I Am a Mother to
the World's Children'~~

Tracking down a charger and

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plugging in shortly after a full charge overnight is always a sad feeling. If you're ... will limit its access to resources like the CPU. This means it will use ...

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