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Happiness Is A Serious Problem

In 2006, Hongkonger Mahesh Pamnani was running a large and profitable trading business. He should have been happy, but he wasn't. He was overworked, anxious, stressed, out of shape - and then ...

The root of happiness is gratitude, not gratification — be thankful you ' re alive, and for everything that costs nothing to enjoy, such as nature, says a chief happiness officer

He was overworked, anxious, stressed, out of shape — and then developed a serious case of sinusitis ... corporate well-being and positive education workshops ; he is the chief happiness officer, and ...

Take it from a chief happiness officer, money won't make you happy

A Conversation with Jackie McLean article by AAJ Staff, published on July 14, 2021 at All About Jazz. Find more Interview articles ...

A Conversation with Jackie McLean

And “ If you are not part of the solution, you are part of the problem. ” We were part of ... But there are still so many serious challenges demanding to be addressed. Following graduate school ...

Psychology Today

Marvel has a winner with Netflix ' s French action film, full of incredible heroes that you will instantly root for from the start - 'How I Became A Superhero'.

' How I Became a Superhero ' : A Brilliant Take On The Superpower Trope

Keanu Reeves He is a high being, we are not saying that he is a god or the incarnation of Buddha, but it is clear that he knows something that the rest of us

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...

Keanu Reeves and his 5 life lessons (for happiness and peace of mind)

The problem has ... and medication, for serious mood disorders or anyone going through intense or prolonged bouts of depression. A few decades ago, scientists used to lump together all kinds of ...

Stuck In A Rut? Sometimes Joy Takes A Little Practice

Last Sunday was the Fourth of July. It was difficult to miss with all of the flags, banners, parades, political speeches, cookouts and fireworks displays that occur every year at ...

Mark Wilson column: A Christian Declaration of Independence

If you pursue real estate investing, you ' ll encounter some bad experiences along the way. You ' ll need to be aware of what you ' re getting into and what you ' ll really need f ...

What you need to be a successful real estate investor

Entornointeligente.com / Wang Mingmei, a farmer in Miaowan township in Northwest China ' s Shaanxi province, gathers shiitake mushrooms at a greenhouse. [Photo by CHEN JIA/CHINA DAILY] Poverty is a ...

Nation gives a big boost to global poverty fight

Problems with a friend, relative or lover will erupt if you aren't patient or willing to compromise. Turning a serious situation into a joint effort will help things come around. Love and romance ...

Your stars July 12

It may not be easy to find unvarnished information, but educating yourself is the first step toward having a part in making change, John Rolfe writes.

How to improve society? Learn about a subject before talking about it. | Rolfe

The central thrust of Chinese President Xi ' s address to a global online gathering of 500 political parties was a barely concealed criticism of the hegemonic role of American imperialism.

Beijing mounts a diplomatic counteroffensive against Washington ' s aggressive stance

A record 4 million people quit their jobs in April alone seeking more money, flexibility, and happiness after doing ... past 15 months has magnified the problem. A report by insider risk detection ...

You can ' t take it with you: Stop data exfiltration now

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It brings you physical strength, mental health, and soulful happiness. Q ... Mental health is a very serious term and requires serious attention. Palomayoga is a series of 20 well-designed ...

International Day Of Yoga: Asanas To Detox Your Body And De-Stress The Mind

The mass of mankind under that [democracy] enjoys a precious degree of liberty and happiness ... has been a problem for a long time, and it is now something rather more serious.

3 Texas CEO ' s & Our 2 Speed Infrastructure Renaissance

On the Fourth of July, the day we celebrate our country ' s independence and all its glorious freedoms — life, liberty and the pursuit of happiness ... convinced of the serious side effects ...

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