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It is just a great way to have a moment to  
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Research, published in the International

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Nightingale took a risk. The company  
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line - a never before done move in the ...

## Model

Trans Seas USA Introduces the highest levels of comfort and quality in the office seating industry with Nightingale's Enersorb

You either love or hate cardio, but if you're not a fan, how bad is it really to

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never do cardio? Experts explain the benefits of cardio and how often to do it.

How Bad Is It Really to Never Do Cardio?  
Before you start you need to understand what is the purpose of your change and what problems you're solving. Most change projects know the answers to these

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from a business perspective but in order  
for...

Top 6 Mistakes of Change Management  
In tonight's episode of C4's Grand  
Designs, Geoff, 63, who grew up in  
London, project manages a flood resistant  
architectural marvel on the Essex coast

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budgeted at a whopping £700,000.

## Model

Man, 63, hopes to sell his villa in Spain to fund the build of £700,000 elevated steel-framed house on the Essex coast on Grand Designs - but collapse of foreign property

...

Lifestyle coach Luke Coutinho reveals

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mantra of healthy living in Dubai Dubai:

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Here's how you can build back your good health post COVID-19 in UAE

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weight gain, anxiety, hot flushes and brain fog – but they can make it The Change for the better with exercise. Our Menopause Matters campaign has highlighted the ...

Your ultimate menopause workout and 9 lifestyle hacks to help ease your symptoms  
Exercise is one of the most important



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things you can do to improve your health.  
Among other health and fitness benefits, it  
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**HEALTH AND FITNESS:** Fitness and  
recovery from illness

Recent studies show that 53% of first-year

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students reported a substantial increase in mental and emotional exhaustion. Inside Higher Ed reported that 30% of students noted increased depression, 27% s ...

University of Washington: UW Resilience Lab aims to change campus culture toward compassion and mindfulness

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LOSING weight can be difficult - especially shifting stubborn fat which can be particularly challenging. However, one expert has got some actionable advice designed to make saying goodbye to "clingy" ...

Weight loss: Simple ways to burn body fat

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-become 'toned and sculpted'  
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Congratulations to the following faculty and staff members who received grants and awards in August 2021. Anne Coats Amati, coordinator of the Native American Graves and Repatriation Act (NAGPRA) ...

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Faculty and Staff Grants from August  
2021

Sri Samavedam, senior vice president of CMOS Technologies at Imec, sat down with Semiconductor Engineering to talk about finFET scaling, gate-all-around transistors, interconnects, packaging, chiplets ...

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What's Next For Transistors And Chiplets

Dr. Munavvar Izhar weighs in. Dr.

Munavvar Izhar says that you will get some interesting answers like a daily dose of dark chocolate or a shot of whiskey or a handful of nuts or 30 minutes of exercise

...

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Dr. Munavvar Izhar, MD discusses  
Longevity in Human Life

Reports and Data has published its latest  
report titled "Ceramic Foams Market By  
Type (Silicon Carbide, Aluminum Oxide,  
Zirconium ...

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Increasing Demand for Ceramic Foams for  
Insulations Purposes from Building &  
Construction Industry to Drive Market  
Growth: Reports and Data

Also: St. Ives skincare launches Instagram  
contest, Axel Springer's CEO apologizes  
to employees, Pinterest announces video  
features, and more. Hello, communicators:



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Skincare brand St. Ives launched an ...

## Model

Lyft offers context on long-delayed safety report, almost half of all journalists cover five beats or more, and WeWork goes public

Simon and Amy, from Hampshire, who appeared on Channel 4's Extraordinary

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Extensions last night, bought the three buildings for £830,000 and restored them before adding the extension.

'Some people have too much money to waste:' Professional gambler and teacher are slammed by Extraordinary Extensions viewers after spending £1.1 million to

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connect three ...  
The OnePlus Harry Potter Limited Edition Watch shall be available for purchase from 21 October. OnePlus has caused a stir in India with their latest launch, The Harry Potter Limited Edition Watches.

One Plus Launches a Harry Potter Limited

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Edition Watch: Check Price and Specs

The global protective coatings market size is expected to reach USD 19.46 Billion in 2028 and register a revenue CAGR of 5.5% during the forecast period ...

The toughness model proposed in this

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Ageing The Toughness Model  
book incorporates psychological research and neuroscience to explain how a variety of toughening activities - ranging from confronting mental and physical challenges to meditation - sustain our brains and bodies, and ultimately build our mental and psychological capacities degenerated by stress and by aging.

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The toughness model proposed in this book incorporates psychological research and neuroscience to explain how a variety of toughening activities - ranging from confronting mental and physical challenges to meditation - sustain our brains and bodies, and ultimately build our

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mental and psychological capacities  
degenerated by stress and by aging.

"Food for Thought: Nutrition and the  
Aging Brain" presents and analyzes the  
research on nutrition's impacts on the  
aging brain, on possibly-declining  
cognitive abilities, and on changing

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emotional dispositions. With 40 pages of references, the depth of coverage of the underlying science makes the book appropriate for scientists in fields such as nutrition, geriatrics, and psychology. However, the book was also designed to be understandable for lay readers wanting a deeper understanding than can be found



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in typical books on food-brain relationships. To make this book useful for non-scientists and for students, the first three chapters provide background. They sketch relevant brain structure and neurochemistry, and then discuss in only slightly more detail how aging and stress affect neurochemistry, brain structure,

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cognitive capacities, and resilience. The third chapter introduces basic nutrition research issues, and the extensive Glossary provides additional explanations of scientific concepts. The subsequent 14 chapters consolidate modern research on impacts of nutrition on brain and cognitive capacities. The research shows how much

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Various nutrients can affect cognition in aging people, and then how those impacts are achieved-that is, how genes are affected that in turn have impacts on neural structures and neurochemistry. That series of 14 chapters begins with analyses of general diets such as the Mediterranean and the MIND, but subsequent chapters

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examine impacts of specific classes of nutrients. Chapter 18 describes nutrition that affects resilience, interpreted as stress tolerance, and resistance to both anxiety and depression. Chapter 19 describes how other types of activities that affect brain and cognition, such as programs of physical exercise and cognitive

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stimulation, can interact with nutrition to build brain and sharpen cognition. The final chapter summarizes the information on nutrition impacts on brain and cognition, and extends the discussion of interactions of nutrition with other brain-enhancing activities.

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How do we begin to cope with loss that cannot be resolved? The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. In this book, pioneering therapist Pauline Boss identifies these vague feelings of distress as caused by ambiguous loss, losses that remain unclear

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And hard to pin down, and thus have no closure. Collectively the world is grieving as the pandemic continues to change our everyday lives. With a loss of trust in the world as a safe place, a loss of certainty about health care, education, employment, lingering anxieties plague many of us, even as parts of the world are opening

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back up again. Yet after so much loss, our search must be for a sense of meaning, and not something as elusive and impossible as "closure." This book provides many strategies for coping: encouraging us to increase our tolerance of ambiguity and acknowledging our resilience as we express a normal grief, and still look to the



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future with hope and possibility.

## Model

Reorganization, downsizing, mergers, budget pressures, transfers, job insecurity, and more are producing today's unpredictable, pressure-cooker conditions, and making it harder for less resilient people to achieve the success they deserve.

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Resilience at Work supplies insights and strategies you can use to combat your fear of change and uncover the opportunities that can be found in even the most stressful situations.

How do some people bounce back with vigor from daily setbacks, professional

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crises, or even intense personal trauma?

This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot.

This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn

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Aging This collection of articles includes  
□How Resilience Works,□ by Diane Coutu;  
□Resilience for the Rest of Us,□ by Daniel  
Goleman; □How to Evaluate, Manage, and  
Strengthen Your Resilience,□ by David  
Kopans; □Find the Coaching in Criticism,□  
by Sheila Heen and Douglas Stone;  
□Firing Back: How Great Leaders

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Rebound After Career Disasters, by Jeffrey A. Sonnenfeld and Andrew J. Ward; and Resilience Is About How You Recharge, Not How You Endure, by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional

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life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these

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books describe the social skills that are critical for ambitious professionals to master.

The primary difference between people who are barely managing symptoms related to their PTSD diagnosis, narrowly getting by each day with the help of one or

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several biological medicines and [maybe] therapy, and those who heal permanently from the disorder is rooted in knowledge and control. PTSD changes the brain's chemistry, and the symptoms that develop make the person oversensitive and overreactive to the world. While the world cannot be changed, anyone can change the



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Model  
Aging they react to the world, even if they are suffering with PTSD. It is particularly important for PTSD sufferers to counter this over-reactivity and lack of control.

This can be achieved with a plan of action that includes crucial elements that will help you regain control of your life.

Written from personal, academic, and

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research experience, The Fundamentals of  
PTSD Stress will show you tools you can  
use in your life to take control over the  
triggers, the flashbacks, fears, and  
freakouts associated with PTSD.

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This book showcases research in disaster response in Southeast Asia of particular interest for those studying disaster and mental health, and for providers of mental health and psychosocial support.

Contributors cover topics ranging from

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Ageing To Disasters To Resilience and  
Recovery Interventions.

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