

Heal Yourself With Sunlight

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Both fiction and non-fiction are covered, spanning different

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genres (e.g. science fiction, fantasy, thrillers, romance) and types (e.g. novels, comics, essays, textbooks).

Heal Yourself With Sunlight

Welcome to Ask Doctor Zac, a weekly column from news.com.au. This week Dr Zac Turner reveals a scientific way to heal a broken heart.

Dr Zac Turner reveals scientific way to heal a broken heart

Better manage your medication, banish cold sores and win amazing prizes with this week's top 10 tips for health and wellness, courtesy of Checklist.

10 top tips for health and wellness during autumn and beyond (PLUS your chance to win prizes!)

This week Dr Zac Turner reveals a scientific way to heal a broken

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heart. Question: Hi Dr Zac, my girlfriend and I made plans to escape Covid lockdowns and settle down in a new city together. We ...

Lovesick? Scientific way to heal a broken heart, revealed by Dr Zac Turner

Oregano is typically easy for home gardeners to grow in full sun (at least 6 hours of direct sunlight) in containers or in the ground and it's also simple to dry fresh oregano for future use. In terms ...

6 Healing Ways to Use Oregano (Besides in Your Pasta Sauce!)

Find out how to use the all of the phases of the lunar cycle as a guide for self-care practices, healing, and self-love.

How to Align Your Self-Care With the Moon Phases

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LOOKING at her reflection in the mirror, Ronia Fraser didn't recognise herself. Ashen skin, hollow eyes, emotionally drained and dead inside. Even her trademark vibrant red hair had turned to ...

My abusive ex broke me down, made me suicidal then left knives for me to kill myself with, now I help other women

The Creator's power renews creation itself," wrote N.T. Wright, in his book Broken Signposts. I borrowed it from the library to explain why life for those of us with disabilities and brain injury ...

Psychology Today

Turkey holiday guide: best places to visit, stay, hotels and restaurants - Bustling Istanbul or hot air ballooning in Cappadocia? Cordelia Aspinall has a guide to catching some last-minute rays in Tur ...

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Turkey holiday guide: best places to visit, stay, hotels and restaurants

Dear Cancer, your family will be the root cause of happiness in your day. Be extra careful with outdoor activities. You may feel a little low beat today.

Cancer Daily Horoscope for Sep 10: Stars have good things for you

EST, the Moon will be full within the sign of Pisces. The Full Moon will make an exact opposition to the Sun in Virgo, speaking to our will to pick up the pace. There's motivating energy in the air

...

The Full Moon in Pisces Is Giving You a Burst of Energy

After 23 years and many adventures, Philadelphia was calling my name. Screaming, actually. Because all things considered,

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there's no place I'd rather be.

Look Out, Philly. Lisa DePaulo Is Back

If you would like to improve both your property and garden, it can be a good idea to consider building a garden.

FEATURE: Top 5 benefits of building a garden

OWOSSO — It was 25 years ago that Looks Unlimited first opened its doors at 404 N. Washington St., and on Wednesday clients were streaming through the hair, tanning and ...

Surviving and thriving

Continuing grief led me to find a bereavement group of strangers who would be fastened together by our new status. How long could I expect my friends to stay open to my endless stories of 25 years of ...

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How two widows who failed at grief counseling fell into a healing friendship

She got her first dose of the COVID-19 vaccine, but never went back for her second. Two months later, she was fighting for her life in the hospital.

'I was so angry with myself' | Virginia Beach woman pleads for community to get fully vaccinated against COVID-19

Hi, this is Lauren Alaina from... Lauren Alaina!" Lauren Alaina's cheerful voice said through the phone. Since she first hit the national stage as the runner-up on the tenth season of American Idol in ...

Lauren Alaina Opens Up About Pandemic Depression and New Album: "Writing Was Really Healing For Me"

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...

The Full Moon in Pisces Is Waking You Up

In a field, with warm sunlight streaming through the cracks in the wooden shelter and a soft layer of sand covering the ground, a woman rests ...

Trauma and anxiety eased by the healing power of horses

With his last \$20 and an \$100 loan from his friend, Jim Franklin embarked on a slightly different path - buying out and renaming Sunshine Arts, which today is the largest collection of local art in

...

Owner of Sunshine Arts dreams up big picture business

Heritage Fremantle Escape with Daily Breakfast & Nightly Drinks.

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