

How To Be Yourself Quiet Your Inner Critic And Rise Above Social Anxiety

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How To Be Yourself Quiet

We often keep our problems to ourselves, out of fear, pride or misplaced love. But there is strength in sharing our burdens, and it could turn a tough time into a moment of growth ...

Being strong isn't about staying silent; there is courage in speaking up

Challenges in life can get us down, but instead of ignoring them or pretending they don't affect us, embrace these times to grow, and eventually soar ...

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When negativity hits: How to “tahan” your dragons

Some of us can't fathom starting our day without a cup of coffee. Our daily dose of caffeine, be it a kopi O kaw at your neighbourhood kopitiam or a quick instant coffee ...

'Espresso' yourself: How to stop worrying and start drinking coffee (the way you like it)

If you're struggling to practice a quiet meditation, try Chorus meditation, which syncs your breath to the beat of the music.

Quiet Meditation Not Working For You? Beyoncé May Be the Solution (Yes, Really)

Paul, at first glance, may seem to contradict himself. He tells women to be silent in church but also appoints women such as Phoebe as deacons. So what's really going on here?

Did Paul Tell Women or the Uneducated to Be Silent?

This is Better Living Through Chemistry, a column by Ariana Remmel on how atoms and molecules can help us explore our lives. A plump green lima bean lay on a moist paper towel in front of my biology ...

How I Tricked Myself Into Thinking I'd Be Better off as Dirt

"I know how much it would've meant to kids and to myself as a kid seeing this when I was younger. I totally understand the importance of it," Liu added. "I know that it's not going to be easy, but at ...

Shang-Chi Set to Surpass Black Widow to Become Highest-Grossing Film amid COVID Pandemic

When COVID restrictions ease, where will you go on your first big drive? Glenn Butler grabs an Aston Martin Vantage Roadster and checks if his favourite ...

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How to bust the LockDown blues

The golden maple trees reflecting off of the lake were breathtaking, as I recall how my daughters and I sat on a large rock and overlooked nature's brilliance. In the distance, we saw a statuesque ...

Faith: Be selective about what you do with your time

The Air Quality Index can warn you about wildfire smoke and pollution in your area. Here's a step-by-step guide.

Dirty air can be deadly. Here's how to protect yourself.

The Royal Family Remembers alongside all of the Queen, 95, and Philip's children, as well as the duke's adult grandchildren.

Camilla's lessons from Prince Philip: Duchess of Cornwall says he showed her how to be a royal consort without 'being flashy' - as family praise the 'incredible support' he ...

Located in a secret alcove, a mysterious gas-filled chamber appears in a dark corner of Deathloop. Stumbling into this chamber at the wrong time spells instant death — you can escape by solving a ...

Deathloop: How To Survive The Gas Chamber | Secret Room Guide

With the recent release on OTT, directors Abhishek Chaubey, Ashwiny Iyer Tiwari and Saket Chaudhary tell us how their latest anthology explores unusual ...

Netflix's Ankahi Kahaniya brings quiet corners of the heart to the fore

There's a reason the big tobacco companies are buying up some of the largest vape manufacturers. It isn't to save lives; it's to boost profits.

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Don't kid yourself: e-cigarettes pose a huge threat to millions of Americans

The Royal Family Remembers alongside all of the Queen, 95, and Philip's children, as well as the duke's adult grandchildren.

Camilla says Prince Philip showed her how to be a royal consort without being 'flashy'

Two are on travel soccer teams so someone is at soccer practice every day of the week. The games are on Saturdays and Sundays. I went to four soccer games one weekend. I even bought a fold-up wagon ...

Grandma learning how to get big kick out soccer

Chelsea goalkeeper Edouard Mendy speaks on his stay at the club and how manager Thomas Tuchel managed to turn things around ahead of their trip to face Tottenham Hotspur.

'You have to be the best for yourself' - Chelsea's Mendy reveals secret behind success

Outdated Windows software such as Adobe Flash and web browser Internet Explorer can be dangerous to have installed on your computer. Here's how to get rid of them.

How to uninstall Adobe Flash and Internet Explorer

Kristen Carbone, Founder and CEO of Brilliantly, is dedicated to helping women embrace life with breast cancer through the help of innovative products and thoughtful content. Brilliantly started out ...

How Kristen Carbone Is Creating Community for Women Affected by Breast Cancer

So, while the trail is quiet compared to others in the area, there's no guarantee you'll have it all to yourself. Some people have discovered it and love it. I count myself among them.

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