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Channeling optimism
during your cancer
journey isn't just about
living longer — it's

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about living better. In the fall of 2018, Teri Cettina began feeling a mysterious pain around her ribs. "I thought...

Living The Life **Positive Thinking Is Powerful During and After Cancer Treatment**

Here are some tips on fighting FOGO (fear of going out) and getting back to life as things creep back to "normal", according to three psychologists.

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**Tips to fight
pandemic FOGO
(fear of going out)
and get back to life,
according to
psychologists**

Here are five tips that will make ... people who bring you down really have a place in your life. If they don't, have the courage to move on. 4. Make your home a positive place to be Now really ...

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Improve Your

**Always look on the bright side of life:
How to cultivate positive thinking**

After the bumpy year we've all had, our mental health has been well and truly tested ... brain of yours rewired into embracing a more positive mindset, we asked the experts for their top tips. "Forget ...

How to rewire your brain to be more

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Tips To Truly positive post- lockdown, according to the experts

Research has found that periods of high stress correlate with a surge in 'magical thinking' – believing that ... when you are trying to make change or reach a goal, positive affirmations can really ...

Are Positive Affirmations Truly a Way To Create the

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Life You Want?

Ray's legal problems are the latest challenge to the mantra of positive thinking as a cure for what ... Shanna Bowens has followed Ray for years. "I was really drawn to his way of explaining ...

Does Positive Thinking Have Power to Cure Cancer?

When you're involved in a complex or

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demanding task, it helps if you can get into the "zone" where your productivity is high and your focus is clear. Of course, achieving this takes more than ...

**Achieving Peak
Productivity: 15
Ways To Get Into
The 'Zone' At Work**

Nancy Colier, author of the new book "Can't Stop Thinking," shares how people can

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liberate themselves from obsessive rumination.

Why you need to stop thinking so much

Ultimately, people experiencing imposter syndrome are unable to internalize their own success and worth.

Imposter syndrome can derail your career but there's a way to beat it, says

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**occupational
psychologist**

It was not until
COVID-19 that she
became truly inspired
to help people feel ...
choices and shifting
how they approach
their day by thinking
and focusing on what
will make them feel
good and ...

**Self-improvement
book helps one
examine their life
choices to shift their**

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**thinking to a
positive mindset**

A HAPPINESS coach says people should use the horrible events of 2020 as a platform to build on for a more positive new year ... can be positives to come out a really bad situation.

**Kelly Williams says
positive thinking can
help as we go into
2021**

I may be putting you

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on the spot, but have you in the past week told your partner how much they mean to you? I'm thinking of something from the heart like, "Knowing you're there for me makes ...

Show the People You Love With Love: Five Tips for Growing the Love in Your Relationship

Here are tips from three moms on how to

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handle yours. Being a parent often means having to be mindful about money matters. And when you're a mother who also writes about personal finance, there's a ...

3 Personal Finance Tips From Moms Who Write About It

With my anxiety worsening as the pandemic continued , I realized I no longer knew how to live with it

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like I once did.

**The pandemic forced
me to face my
anxiety — again**

Environmental activist,
fashion designer and
animator Maya Penn
has some easy tips for
anyone ... kind of grew
up thinking" of the
environment.

"Everything I do is kind
of in the overlap
between art ...

Fashion designer

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and activist Maya
Penn shares tips to
be more eco-friendly

With nine teams odds-on and needing a win on the final day, Ian Lamont looks at creative ways of finding value on Morecambe and Cambridge ...

League Two Tips:
Shrimps and U's to
find goals

The golf season is here! How many times

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have you cleaned your clubs since you last played? Perhaps the mild and “snow-less” Fall season fooled us into thinking there would be no “offseason” for golf ...

GOLF TALK: Five tips for a strong start to your golf season

Preventive Botox can be safe and effective, but there are potential risks and experts say the injections aren't

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the only way to
maintain a youthful
appearance.

Why young people are using preventive Botox, and what they need to know

Finley details what he's
looking for in a
program and how he
benefitted from five
starts as a freshman at
LSU In the back of his
mind, Tj Finley has
been thinking about
transferring since the

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end of ...

Improving Your
**LSU Quarterback TJ
Finley Talks Decision
to Enter Transfer
Portal**

Although Gia Coppola's last name might suggest an inevitable career in filmmaking, the writer/director didn't necessarily set out to make movies. She happened into the medium after making short films ...

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