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What is happiness? Aristotle has the answer

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If You Want To Improve Your Happiness, Get 'In The Zone'
My lifelong goal was to become a police officer and worked through the majority of my life to make it happen. Four years ago today, I resigned after six years and started over.

Taking Risk; Trading Sweat-Equity for Happiness

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I practice intentional happiness. Here are 3 ways it helped make me a better leader

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in dentistry. Alina Grossman explains what a life coach does and how they can help the dental profession achieve its ...

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Julie Lavoie of Southern NH Health, a registered dietitian and diabetes educator, says joy and stress can lead to unhealthy eating habits.

Nashua Dietitian: Use Tips To Stay Healthy During Holiday Season

But pursued in certain ways, happiness or positivity can become toxic. Our research, published in The Journal of Positive Psychology and involving almost 500 people, was

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How to avoid 'toxic positivity' and take the less direct route to happiness

Madrid, Nov 18 (EFE).- Aitor Ruiz drives out to his allotment every morning to tend to a vibrant array of crops, from lettuce and spinach to more exotic varieties like Chinese cabbage and Japanese ...

Harvesting happiness

What makes this week's symposium on happiness unique from the many others touching on the same topic, is that it brings together scholars from fields less well-known for their focus on the theme.

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What does it mean to be happy during troubled times?
Upcoming symposium explores some possible answers
Attendees crowded into the first keynote presentation at the
Transporting Students with Special Needs and Disabilities
(TSD) Conference ready to be wowed. Instead, Patrick
Mulick, the assistant ...

TSD Conference Opening Keynote Prompts Attendees to
Cheer for Themselves, Students

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Cyanide & Happiness: Freakpocalypse – Part 1 console

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The left and the right share a skepticism of the liberal arts that is grounded in a highly instrumental understanding of the purpose of education. As the founding president of the University of Austin ...

What has Annapolis to do with Austin? My conversation with Pano Kanelos

'Happiness Ever After' lacks depth with its storytelling but you can appreciate its celebration of sisterhood and self-discovery that happiness and love comes from within, first.

Why we can celebrate the black excellence of 'Happiness Ever After' but also call out its flaws

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I began writing this book for fighters and football players before realizing how many people are affected by TBIs. And regardless of why someone has poor brain health, there are so many ways to ...

Bringing Hope and Awareness to Those Affected by
Traumatic Brain Injuries

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