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How To Quit Without Feeling

Do network, but don't spend the whole time trash-talking your current job. Networking for better opportunities is a proactive step you can take to leave a job that's giving you so much grief. But ...

Feel Like Rage-Quitting? Here's How To Productively Channel That Anger

The good news is, there are things you can do to help bring some mental clarity and combat brain fog. Below, we spoke with three mental health experts to discuss exactly what brain fog is, what its ...

Here's How to Get Rid of Brain Fog and Feel More Like Yourself, According to Experts

Waking up can be hard, even under the best of circumstances. But sometimes, it can feel next to impossible to fully shake off sleep. But rest assured you're not the only one who experiences this from ...

'Sleep Inertia' Is That Groggy, Can't-Think-Without-Coffee Feeling—Here Are 6 Tips To Wake Up Faster

Employee retention is as valuable and essential as ever. But in a distributed workforce, it can also be harder than ever to achieve.

Remote without feeling it: How to retain personnel in a distributed workforce

Retail therapy' might make you feel good in the moment, but it can wreak havoc on your financial life. Here are ways to build healthier money habits to keep impulse spending at bay.

How to Stop Impulse Buying

Therefore, from the hand of stories of successful mompreneurs , here are some keys to succeed as a mother and as an entrepreneur. Whatever their entrepreneurial mommy schedule, the reality is that ...

SPECIAL: Keys to being an entrepreneur mom

After sparking chemistry at a team-building workshop, the Wellington woman began sleeping with a colleague 10 years her senior who had 'boyish looks and a sparkling grin'.

How I got away with my affair: Cheating woman reveals how she hid her three-year relationship with a married co-worker

Speaking on Sky News on Monday 10 May, minister for mental health, suicide prevention and patient safety, Nadine Dorries explained that hugs are "massively important for everyone". "I think it's what ...

The power of a hug: What a lack of touch has done to our physical and mental health

Currently, twenty percent of all humans on earth smoke cigarettes and have no idea how to quit. They'll say they've quit before, but did they? They will tell you they are about to quit soon, but are ...

Over A BILLION SMOKERS Have Tried To Quit Cigarettes Before - What Went Wrong?

The owner of St Anne's House in Jennycliff claims he has been 'victimised' by the council but they said the business is being run 'unlawfully' ...

Plymouth wedding venue 'running unlawfully' ordered to close temporarily

Parents used to be involved in marriages of their children.I fact, parental involvement was mandatory, Interestingly, not any more. There is an emerging trend of the younger generation, who are not ...

How parents have been kicked out of their children's marriages

As sports stadiums reopen after closing last year due to COVID-19, it is no surprise that fans are eager to see their favorite teams play again. Experts at Baylor College of Medicine offer ways to ...

How to stay safe when attending sports events

One of our favorite quotes is by legendary cyclist, Eddy Merckx: "Don't buy upgrades, ride up grades." While we're big advocates for first focusing on getting stronger on the bike before dropping ...

How to Upgrade Your Bike Without Breaking the Bank

Summer is just around the corner, which means playgrounds, bike rides, pool time, trips to the beach, and a whole lot of related whining about sunscreen application. It's unlikely that your kids are ...

How to Get Sunscreen on Your Kid Without a Battle

Learning how to trade is similar to learning how to play a musical instrument. Most of us will takes years of practice and experiences to become good at it.

Forex Traders In Singapore Share With Us How Much They Lost Before Becoming Profitable In Their Trades

Now with this order, New Indy has to come up with plans to fix the problem. WBTV told you when we first broke the story that the state believed it was a switch from white paper to brown paper causing ...

'Cautiously optimistic': Lawyers weigh in on SCDHEC's odor order to New Indy

Umlauts, gothic script, a guttural diction... let's face it, no country on earth is more suited to bonding with the legions of metal than Germany. The country has a tradition for over-the-top operatics ...

How Germany took on the world of heavy metal and won

Three Chicago police officers who are African American and have been cops for more than 20 years spoke from the heart about a job that is under fire. They also answered a question that you have ...

Exclusive: 3 Chicago cops open up about policing in the city

Last month, the Waunakee Community School District Board of Education voted against a motion that would mandate that the district administration interpret the use of sacred imagery as a form of ...

Waunakee school board to keep Indigenous imagery, for now

Posting anonymously on Mumsnet, the British woman said she was sending her daughter to an independent school but declared her £100,000 income was 'modest'.