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~~Motivation \u0026 Drive | Huberman Lab Podcast #12~~

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Brain Rhythms - How Do We Feel The Beat? Unlock Your Hormonal Advantage by Harnessing the Power of Your Infradian Rhythm with Alisa Vitti Brain Shift Collection Power Rhythmen

As the temperatures rise and online classes are set to conclude until September, our minds naturally shift to that hallowed time in the calendar – summer break. For many, the thought of taking a break ...

Mindful Leadership: Gimme a Break!

The Axial Age, coined by German philosopher Karl Jaspers, is a period from roughly the 8th to 3rd century

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BCE that signified a cultural shift in the major Eurasian ... Writing allows for a sort of ...

The Axial Age: A spiritual revolution

When we went to buy the pregnancy test at the Glendale CVS, in Los Angeles, we were greeted by a good omen: there, on the otherwise decimated shelves of the paper-goods section, was a single six-pack ...

My Slightly Unreal Pandemic Pregnancy

The new multi-chain NFT marketplace NFT STARS is preparing for its launch and will debut with a drop entitled ' Singularity ', the artwork that was inspired by Constantijn van Oranje, Prince of the ...

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NFT STARS Releases a Prince Constantijn van Oranje Inspired NFT Drop

Lawmakers on the left and right are moved to act by the plight of a pop star whom one called a "voice for the voiceless." ...

' This is freaking ridiculous ' : Britney Spears inspires lawmakers to tackle toxic conservatorships

Members of Westminster's St. Paul ' s United Church congregation volunteer for Abolition Apostles, a national jail and prison ministry, writing letters to provide support for people in incarceration.

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Westminster church members write letters to the incarcerated, hope to change ' broken ' prison system

Several of the experts I was interviewing had suggested that I really couldn't understand the role of caffeine in my life – its invisible yet pervasive power ... in a shift in the mental ...

The invisible addiction: is it time to give up caffeine?

Political partisans are using social media to divide, dominate, disorient, and ultimately demoralize the people on the other side.

You ' re Being Manipulated

The Vivo X60 Pro+ claims to be a smartphone for 'pro

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photography.' While that's up for debate, there's no question this \$1,200 device offers a lot of photographic power in a (relatively) small package ...

The vivo X60 Pro+ might be the best smartphone out there for photographers – if you can find one

Nicola Sturgeon has unveiled last-minute changes to the Level 0 Covid Scotland will move down to on Monday as she postp ...

Covid-19 hospital admissions climb to highest level in four months

Brandt Clarke was supposed to play for the Barrie Colts this season, but a cancelled season forced him to look

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elsewhere and eventually landed him in Slovakia. One of the top defencemen in the NHL ...

Prospect of Interest: Why a lost OHL season made Brandt Clarke even better

Milne ' s 1928 collection ... economic power. A study from the University of Pittsburgh shows that we make inferior decisions when we are anxious because fear causes parts of our brain to ...

Virtuous Leisure

Just as restaurants are gearing back to full capacity, an ongoing labor shortage has led to a shift in how restaurants ... “ There ’ s more brain power than there

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has even been in the past ...

Starved for employees

Traders worry that a deadlock means too little oil would reach the markets at a time of growing consumption as lockdowns ease and travel picks up.

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