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tough to make time for family friends community participation spirituality personal growth self care and other personal
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each of us is the ability to live from our natural being state, **7 tips for bringing mindfulness to your work day** - what if i
told you that no matter how much you may dislike going to work and wish you were sunning yourself on a tropical beach you
actually have the potential to transform any job into a more positive experience would you believe me for the majority of us
most of our waking hours are spent at work and sadly our jobs can frequently become a source of stress or exhaustion,
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and a sense that your life is meaningful, **be your own life coach 10 ideas for self improvement** - the thought of
transforming yourself into a better person can be daunting especially if you re older and you ve had several interventions
and you do not feel as energetic as you were when you were a fresh faced or pimply faced as the case may be teenager,
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