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The Secret Of Mental Magic secrets, affairs, money, parties, responsibility and careers; it also tackled big issues such as mental health, drug-taking and abortion. It was funny, heartfelt and honest and showed many young ...

'A little bit of magic dust': the second life of The Secret Life of Us

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Falling in love with someone with a large age gap can come with complications like differences in lifestyle and sexual preferences. Couples with a large age gap can maximize their enjoyment of ...

Psychology Today

The CEO of the boutique fitness brand talks about the "magic" of its community and growth plans as she looks ahead.

For SoulCycle CEO Evelyn Webster, the Way Forward is Through Accountability, Inclusivity and Purpose

Imagine being 18, with not just your A-levels disrupted by lockdown but your nascent tennis career. A year of eerie, echoing courts, then suddenly, as if by movie magic, you're at Wimbledon beneath ...

Distress signals reveal young women's burden

Piling on skincare helps to smooth the surface, but a well-maintained engine is the secret to longevity. One of the most interesting new supplements I've come across is Pellamex, an ingestible gel ...

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Are supplements the secret to a healthy complexion?

Once you've addressed a few core beliefs or characteristics, you are ready to move on to the most time-intensive but rewarding stage of caring for your mental and emotional health. It's no secret that ...

What to do when your brain feels heavy with problems and possibilities
On a nice sunny morning, the Famous Five, the Secret Seven, the Five Find-Outers ... he was tired of being asked how he was doing by the mental health authorities. Amelia and Elizabeth groaned ...

The disappearing author: Enid Blyton's characters call a midnight feast to discuss her whereabouts

Fortunately you can still feel the warm embrace of shows from the 90s and noughties thanks to Netflix's epic old school offering. From American teen soaps to homegrown Aussie dramas, here are the best ...

All The Best Old School 90s And 2000s TV Shows To Stream On Netflix Now

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Everyone likes a good belly laugh from time to time, and science supports that feeling. Studies have shown that laughing is linked to our physical, emotional and mental well-being – even our ...

Is laughter really good for us? Here's what the science says
Get a glimpse of how to overcome the mental and physical fatigue that is ... because the status quo is too damaging. There is no one magic straight shot to this, as we all vary.

The Secret to Successful Leadership? Focusing on Others.
On Virgin River Season 3 Episode 2, Jack moves with Mel, Doc worries about Hope, Lizzie and Ricky seek privacy, and Lilly shares some unsettling news. Read our review!

Virgin River Season 3 Episode 2 Review: Sticky Feet
They are hardcore ocean swimmers who look a southerly in the eye and dive on in. "We get in whatever the temperature is. We never let the conditions stop us," says Dunlop a few days earlier. He is one ...

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The secret life of sea swimmers

At the centre of her mental health struggle ... Psilocybin is the psychedelic component within magic mushrooms. She says she dove deep into a psychedelic experience, where she revisited her ...

B.C. health researchers harness the 'magic' of psychedelic mushrooms
Mental health is the most important thing for people. If we don't understand that, then these pandemics will keep on happening," she says. Must Read: Avika Gor On The 'Secret Child ...

Shama Sikander Requests Parents To Put Their Children In Yoga, Says
"They Could Experience The Magic Of Meditation..."

The 68-year-old dad of three has filed legal documents claiming he has had zero involvement in his 39-year-old daughter's conservatorship for nearly two years according to TMZ.

Britney Spears' dad Jamie blames care manager Jodi Montgomery for restrictive conservatorship rules

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July brings an abundance of stories, novels, essays memoirs and more! There are so many great books hitting the shelves in July that even if you read one every single day, you couldn't get through ...

33 books to heat up your July

This means that magic mushrooms are illegal ... "It's an open secret in medicine that most of the treatments that we have (for mental health) aren't particularly effective," Wood said.

'People are desperate to heal': The push for psychedelic-assisted therapy in Canada

Park usership skyrocketed in Philadelphia during the pandemic, as people took advantage of the city's ample green spaces to spread out, breathe deeply, and soak up the sun. While society continues to ...

The best place in Philadelphia to see the summer solstice sunrise
Mental Samurai (N) 9 p.m. Fox Mysteries of Mental ... confront higher stakes, dangerous magic and a new threat from an ancient group of witch-finders as this supernatural drama returns for a ...

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