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100 Ways To Reduce Stress Between 70 And 80% Of All Diseases And Illnesses Are Stress Related, And The Leading Causes Of Death Are Lifestyle Diseases (Seaward, 2006). Yet We Do Not Need Statistics To Tell Us That We Feel Stressed, Exhausted, A Jan 6th, 2024

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Decluttering The Mind: A Creative Approach Towards Becoming

Rogers, 1961), To Media And Folk Theories (Gergen, 1991; Lakoff & Johnson, 1999; Schlegel & Hicks, 2011), Western Theorists Have Engaged In This Search For Self, Agreeing That Discovering, Accessing, Or Aligning One's Action With A "core-self" Creates Meaning And Well-being (Schlegel Jan 26th, 2024

Decluttering Idea List

42. Greeting And Birthday Cards That You Received 43. Greeting Cards Unused From Previous Seasons 44. Gift Bags To Reuse That Aren't In Good Shape 45. Wrapping Paper Scraps 46. Notes You Kept From School 47. Chargers For Old Phones 48. Old Phones 49. Old Phone Cases 50. Mar 4th, 2024

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With Marie Kondo. This Show Expands Her Decluttering Method Beyond Individuals, Families, And Home, To "businesses, Relationships, And Communities" Within One Small Town That She Says Is "deserving Of Joy And Change" (Marie Kondo, Quoted In Dibdin, 2021, Para. 2). In The Show, Kondo Apr 18th, 2024

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