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Buddha Mind Body Walking Toward

The awareness of the public to the detrimental effects of fast food is only growing and people are continuously moving towards mindful consumption ...

Eat clean for superior life

Here are some of the most inspirational quotes from Buddha, along with Buddha-inspired quotes: 1. "Radiate boundless love towards ... body in deeds, train your tongue in words, train your mind ...

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Get Your Zen On with These 101 Buddha Quotes
on Love, Life, and Happiness

It happened once during Buddha's time ... if
there is any such pain within your body,
within your mind which is blocking your
growth. So anytime in future try this, if you
feel internally ...

Buddha Purnima: Maitreya's Message

Georgina Pazcoguin, a New York City Ballet
soloist, has written a page-turner of a
memoir. The brave part wasn't writing the
book. "The brave thing," Georgina Pazcoguin

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said in an interview, "is going ...

A 'Rogue Ballerina' Gives a Candid Account of
Ballet Culture

Want to amp up your walking workout game?
Here's why the humble plank offers lots of
benefits for walking, and four ways to do it.

The Secret Fitness Trick for Walking Better
Starting Now, Say Experts

Jessamyn Stanley's new book, "Yoke," begins
with a spiritual awakening prompted by a
typo. A late-night email alerted Stanley to a
misspelling printed in her first book, "Every

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Body Yoga" She'd ...

The yoga of everyday life: Jessamyn Stanley on nourishing the spiritual and physical body
A-list celebrities get recognized wherever they go, but many stars actually get mistaken for their celebrity twins.

16 Celeb Lookalikes That'll Blow Your Mind
GQ spoke with the author about his new book, "This is Your Mind on Plants," and the rapidly evolving cultural status of mind-altering substances.

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Michael Pollan is Back with Mind-Bending Thoughts on Drugs, Ego Death, and the Healing Power of Plants

In “Rain Check at MomoCon,” teenager Astrid Atangana—an aspiring graphic novelist—hides her acceptance letter from Princeton from her Cameroonian parents, quietly rejecting the mold of the ...

Cameroonian American Stories About Rejecting Societal Expectation

Even fantasies are built on a measure of hope, writes Meera Ganapathi in this short story titled Mrs Nischol. It is Part 2 of

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Firstposts series, Leisure and Loiter.

Mrs Nischol: A short story on love, memory –
and a tomato that refused to ripen
To get the link between the hips and
emotions, understanding the mind-body
connection ... mobility your body has. This
can result in pain and hinder daily
activities like walking and climbing ...

The Powerful Connection Between Your Hips and
Your Emotions

During a conversation in his office, Mike
Buddie peers toward a set of windows. From

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Buddie's desk at the United States Military Academy at West Point, he can see miles of the Hudson River, and on ...

Yankees Magazine: Cherished Position

She felt trapped in her head, walking ...

Move toward your writing technology and free-write from the perspective of your breath, give your breath a voice, and tell its story. Write in first person as ...

How Writing Has the Power to Heal Your Body and Mind

There are a lot of things you can do to

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prevent wrinkles. But if you have to choose just one, stay away from the sun.

7 things you can do to actually prevent wrinkles

Sharjah promises art galleries, museums, and natural vistas galore to the Expo visitor
Dubai: The land that is hosting Expo 2020 has over 125,000 years of history. What if we told you the event is but ...

Visit Sharjah while you travel to the UAE for Expo 2020 Dubai

A rare bone tumor sidelined Ocoee High School

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running back Charles Pierre Jr. last fall and forced him to undergo surgery. But the rising senior's positive approach to rehab and recovery allowed him ...

Ocoee's Charles Pierre Jr. rebounds from bone issue, earns Buchalter Spirit Award
On one hand these Tokyo Games could be a recipe for disaster. On the other persisting with deeply flawed ideas is very much in line with the Olympic spirit ...

Think the Tokyo Olympics are a bad idea? St Louis 1904 set the bar high

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During the first half of Julia Ducournau's "Titane," it's hard to tell if you're watching the most fucked up movie ever made about the idea of found family, or the sweetest movie ever made about a ...

'Titane' Review: Julia Ducournau Follows 'Raw' with One of the Wildest Films to Ever Screen at Cannes

But those who practice yoga or perform the move regularly will tell you that handstands come with a range of healthy benefits for both your mind and your body ... One Type of Walking You Need ...

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This One Exercise Move Slows Down Aging,
Claims Fitness Coach

If you do them, you'll be able to see visible
results on your body. With that in mind,
incorporate these ... don't miss The One
Major Side Effect of Walking Every Day,
According to Science.

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