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Menopause A Natural And Spiritual

As with any life transition, change can be scary and uncomfortable. When it comes to menopause and perimenopause, talking about it isn't always easy—and until fairly recently, it was considered taboo.

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**Whether You're 25 or 65, Here Are
50 Quotes About Menopause That
Will Resonate With Every Woman**

It's Friendship's Day and just like the last year, we've all been socially isolating ourselves from our pals for a while now. But nothing beats a good old-fashioned reunion with some goodies on the ...

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Friendship Day Gifting 2021

I wrote the following post ten years ago, and had long forgotten about it until Lisa Leslie, Tiffany Trent, and Stephanie Burgis kindly shared it on social media this week. (Many thanks to the three ...

On creative burn-out, and the

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From cultural stigma to lack of resources, DESIblitz delves deeper into why Pakistani women are reluctant to treat breast cancer.

Why Pakistani Women are Hesitant to Treat Breast Cancer

BELLY fat can be some of the hardest to

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shift. Experts say “abs are made in the kitchen” because it’s not the exercise we do, but the food we eat that shapes the stomach. Generally the more you ...

9 food mistakes you are making if you want a flat stomach

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On creative burn-out & the practice of swaling

Ken Carbone, Ayse Birsell, and Allan Chochinov discuss how bad design can prompt creative breakthroughs—and

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what even constitutes 'bad design' in the first place.

Why bad design can actually be good

The steamiest snaps of summer have featured babes over 50 looking smoldering and better than ever. While some stars might be blessed with good

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genes, looking this fine isn't entirely effortless. "To ...

From Demi Moore to Jennifer Lopez: How these celebs stay sexy after 50

Nine runners share their secrets to running stronger and faster than ever in their 40s, 50s, 60s, 70s, and beyond.

Where To Download Menopause A Natural And Spiritual Journey **How to Run Strong Forever**

Kate Beckinsale has had a varied relationship history from Michael Sheen, who refused to propose to her, to several comedians more than 20 years her junior - but she says she has never been on a date ...

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