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Opportunistic Fad or Real Trend? Why Everyone is Talking About Comfort Decorating

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Pomodoro technique: The new studying method for students?

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Why is everyone talking about comfort decorating? Very few know the opposite, vuja de, which is when we see a familiar situation

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through new eyes. Try looking at ... The Japanese call it your Ikigai, pronounced as "itchy-guy".

Top 10 tips to find happiness, by Gavin Oattes and Dr Andy Cope

To replenish your mind throughout the day, consider the latest lifestyle philosophy to follow hygge, ikigai, and friluftsliv. It's called nixen, which is the Dutch art of doing nothing.

3 steps to start tackling your 'productivity fatigue'
For me, susegad has two meanings. One meaning is a person who is only idle and

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relaxing. The second meaning is one who is satisfied with his own hard work. Vasco Silveira, founder and chef ...

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