

How I Changed My Life In A Year One Womans Mission To Lose Weight Get Fit Beat Her Demons And Find Happiness In Twelve Easy Steps

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How I Changed My Life

After a house fire last year, Chloe Melas writes, "We are forever changed....I would like to encourage all of you to practice a two-minute escape drill, test your smoke alarms every month and change ...

A house fire changed my life. Here's how two minutes could help save yours

One yogi's story about how backbending helped her find healthy ways to navigate challenging moments and release trauma ...

Backbends Changed My Life, And They Can Change Yours, Too

I am in my mid-50s and have been married four times. I am a recovering alcoholic and drug addict. I abused substances for 35 years. I have been clean for three years now and my life today is beyond my ...

Ask Amy: After 35 years of drug addiction, my life has changed; How do I start dating and explain four divorces?

"Dare I say, maybe you've seen it?" "Yes, I have and may I say, dare I say, seeing it actually changed my life," Winfrey responded. RELATED: Elliot Page Reveals To Oprah That He ...

Oprah Explains How Drew Barrymore's Show 'Changed My Life'

Belfast news and features But that simple action was the start of a drama that would change her life forever. Because when Alina looked at her own reflection in her mirror, she couldn't ...

I didn't recognise myself and I thought I was about to die - how a brain tumour changed my life

This simple little breathing technique has changed my life. I say that with utter confidence and honesty. So before you go and think (like me) that meditation is all about all hippies and incense ...

Bernard O'Shea: I started meditating and it has changed my life for the better

Are you sure you don't want one?" asks my date, gesturing to his G&T. "I feel bad drinking when you're not." I look longingly at his drink and then back to my Diet Coke. I want to join him and make ...

"How going sober changed my dating life for the better"

but before the pandemic I constantly had a bag and phone in my hand. I was slightly divorced from the realities of the countryside, which I saw as more of a weekend retreat than daily life.

My wife bought 12 cows during lockdown, and it's changed my life

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Little did I know that walking up one flight of stairs and asking for help would change the course of my career, my life and the lives of my family. I was a junior at John Hancock College Prep ...

How the Chicago Apprentice Network changed my life

"It's the full story of how I came to be diagnosed and how having Tourette's has changed my life. Evie Field who has Tourettes Syndrome and whose story is known to millions of fans on social media.

'How Tourettes has changed my life' - social media star from Wearside explains all in new book to 'raise awareness'

African Canadian social entrepreneur, Beausoleil Victor Emmanuel Mervyn, said writing books is another way for him to impact life aside from his advocacy and work for the inclusion and empowerment ...

'My Life As An Author Has Changed My Family's Trajectory'—Vicsoleil

I hope this doesn't sound like I am overstating it but I would say that tennis changed my life Tennis just suited me. The club I play with is just around the corner from me, five minutes away.

My Sporting Passion: Ardal O'Hanlon on how tennis changed his life

I would have had blankets, water, a pair of shoes and a change of clothes in my car. I would have learned ... It could save a life.

A house fire changed my life. Here's how two minutes could help save yours

I would have had blankets, water, a pair of shoes and a change of clothes in my car. I would have learned more about our smoke detectors and how they function. This is why I partnered with the ...

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