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Your environment
enables/complicates
closure, Libra!
Monday's Venus-
Neptune opposition
wants you to remove
reminders that keep you
stuck. Mercury enters
your Virgo-ruled
complete zone on
Wednesday, ...

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*Hello, Your Weekly
Horoscope Is Here*

Inspired by the world's longest-lived populations, Blue Zones Project is all about making healthy choices easier right here in Dodge County. Dan Buettner discovered five areas around the world where ...

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*BLUE ZONES: Where
you live influences the
choices you have*

In iOS 15, Apple

introduced a new Focus

... and let you zone in on
a single thing. Focus

does this by filtering

notifications based on

what you're doing. With

Focus, you can set your

device ...

iOS 15: How to Create

Page 7/24

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But how do you delete a Focus you no longer find ... let you zone in on a single thing. Focus does this by filtering notifications based on what you're doing. With Focus, you can set your device ...

iOS 15: How to Delete a Focus

You bring Mars fire to

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*Horoscope today,
Thursday July 29: Daily
guide to what your star
sign has in store for
your zodiac dates*
Creativity Zone is a

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global company An prepared up by advisory agencies focusing on innovative market areas.

Based out of Dubai, Creative Zone concentrates on all kinds of service enrollment, from ...

What Instruction Would You Follow When You Look at a Creative Zone Advisory Firm

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If email is stressing you out, follow these seven expert-backed tips to set healthy boundaries that will help lower the anxiety you feel about your inbox.

Jo Palladino

*7 Ways to Remove
Email Stress From Your
Life*

Home, work, love, cash
. . . every element of
your chart is in flux as

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the planets settle into
new positions. One
thing that stays the same
is your personal ...

Distraction And

*Horoscope today,
Sunday August 1: Daily
guide to what your star
sign has in store for
your zodiac dates*

From Aries to Pisces,
Know How Your Day
Will Turn Out on
Wednesday .

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Wednesday will witness
planet Jupiter
retrograding back ...

*Horoscope Today, July
28, 2021: From Aries to
Pisces, Know How Your
Day Will Turn Out on
Wednesday*

When it impacted his
fun during a weekend
away with friends he
realised that a
commitment to

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improving himself by
expanding his comfort
zone ... “Keep your eyes
peeled and you will find
many ...

*Expanding Your
Comfort Zone: Lessons
From A Year Of
Adversity*

Alternatively, take a big
leap and push yourself
out of your comfort
zone. Here are some big

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and ... Organise your

workload to focus on
what you excel at.

Schedule challenging

tasks earlier ...

Overload Lucy

*10 ways to boost your
confidence at work*

Or at home with a deep
desire to just zone out ...

how intense your HIIT
workout gets. Flexible

Sport Fit wings and

interchangeable ear gels

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in three sizes keep
things secure during a
set of squat ...

*With the best noise-
cancelling earbuds,
everywhere is an oasis*

Step out of your comfort
zone. That's become a
motto for Memorial ...

“Walk up, ring the bell,
and you could go in and
find a completely
different world,”

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Shamsi said. She had a

... Effective New

Plan To Defeat

*This Eid, a focus on
nearby neighbors' needs*

Eschewing the notion
that corporate offices
should be “library-like”

zones of focus, the
Danish-born designer ...

indicates that most
American workers find
classic rock, alternative,
and ...

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*Your hybrid workplace
probably needs ambient
music*

Those looking for
accommodation will
find a suitable one.

Someone close is likely
to achieve laurels on the
academic front. Love
Focus ... the safe zone.

Many opportunities may
come your way ...

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*Horoscope Today: An
Astrological prediction
for July 18*

If you are doing an
online human services
degree, you could talk
about all of your various
career destinations, such
as psychology, social
work, or case
management. It will be
interesting to see where
...

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*How to Manage an
Online Healthcare
Degree*

I find that every team you play, you go out there and play to win the game. We train ourselves to focus ... the time zone. There are ton of things to prepare, and then there's your mental ...

Julie Ertz And USWNT

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*Hope For Olympic An
Glory In Tokyo*

"I think we can definitely find a cure at the national and federal level — and ... Tire Business would love to hear from you. Email your letter to Editor Don Detore at . Please enter ...

Right to Repair in
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federal focus Zone An

push you out of comfort
zone If you like what
you read or think of

another story we should
pursue, let us know with
an email to letters@new
s-leader.com. And be

sure to catch up on
previous ...

Find Your Cause:

Mentors make life's

difficulties more

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manageable Zone An

INDIANAPOLIS —

While the Colts' focus is on wins and losses ...

On the latest episode of

the Colts Blue Zone

Podcast, Dave Griffiths

and Joe Hopkins begin

the show with news of

the week ...

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