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So, how have you been surviving this season of year-end functions, concerts, prize giving ceremonies and

We've been taught to value speed and multi-tasking in the quest for visible rewards; to pursue more

Life coach Martha Beck writes that the most striking thing she's realised is that the thought of drawing

For example, people say they want to make money. They're willing to do something they hate just

Okay, so they're willing to admit that maybe it's the things money can buy that they're after. That's

It's disheartening, writes Alexander de Foe, that most people depend on the outside world for fleeting

"There is a common trend in our world of seeking happiness by pursuing what we think will make us happy

Trailing one's inner happiness on an experiential level is not something we're taught how to do. Always

When your life doesn't quite make sense, remember that there may be some hidden gem of a reason

Just dig around in your past and look at the gems you'll unearth. Remember that awful job where you

"If we listened to our intellect, we'd never have a love affair. We'd never have a friendship. We'd never get

Making a leap of faith into the unknown is very difficult for people who have control issues. But it is

Life coach, Lorraine Cohen, writes that embodying surrender is pretty similar to when you first learn

When you let go of the assumption that what you want is "out there" you will find that you've always

The moisture in the air is invisible to the eye, but when the temperature reaches the dew point, it suddenly

Everything you need is already inside of you. It's just waiting for the temperature of your inner life to