

Untitled Document

Tell me about your New Year's Eve, girlfriend. Did you spend that magical midnight turnover to 2016 with

Renegade medical doctor, Lissa Rankin, says you shouldn't fool yourself into thinking you are truly

The paradox is that while we're more connected than ever through social media, there has never been

Lissa is convinced that the internet is burning us out. With so many social media sites to keep up with

Lissa explains that the core cultural wound of disconnection happens like this: Our culture values the

But then we get so lonely that we go grasping for our soul tribe on the internet. We are in the process

Lissa says that the biggest risk to your health is not any of your bad habits, a poor diet or lack of exercise

In these zones people live in close-knit, multi-generational tribes that take care of each other. And

When we gather in person to connect with each other, a relaxation response is ignited in us, writes

The internet, with its immediacy of bad news and its sparking of keeping-up-with-the-Jones' on social

Lissa says she doesn't suggest ditching the internet. It is a valuable resource that helps us to get through

When fate, albeit the forced kind of fate brought on by a search engine, brings old friends back into

“They may act as messengers, reminding us of a part of ourselves we have forgotten to nurture. They may

Moving forward doesn't necessarily mean dragging them along. I mean, it's time for me to face face

I'm wired genetically and molecularly in my brain to overdo this keeping-up sort of thing. It's time to

My mindful intention is to follow the 13th century Persian poet Rumi's advice. “Be like a tree and let the