

The Loneliness Workbook A Guide To Developing And Maintaining Lasting Connections

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The Loneliness Workbook A Guide

Check out this great listen on Audible.com. Loneliness has reached epidemic proportions. We have lost the art of connection and relationship, and it's killing us. Odds are good that you have a loved ...

The Path Out of Loneliness

A recent study from the University of York, UK, has taken on an underexplored area regarding the prevalence, and associated factors of loneliness, among men in the context of the coronavirus disease ...

Study explores loneliness among men in the COVID-19 pandemic

A WIFE has made a "husband guide" so her man always knows the right takeaway to get and what to buy from the supermarket. Natalie Railey, 40, from Arizona, uploaded a funny video to TikTok filling ...

Fuming wife makes a 'husband guide' so her man gets her the right takeaway & food shop & people say she should market it

Nevertheless, I am continually with you; you hold my right hand. You guide me with your counsel, and afterward you will receive me to glory. Whom have I in heaven but you? And there is nothing ...

Never Truly Alone - Forward with Back to the Bible - July 31

Natalie Railey, who shares comedic videos on her @parodymom TikTok account, went viral when she debuted her 'Know Your F-ng Wife' binder earlier this month.

Woman draws up detailed 'wife guide' that includes her favorite foods and shoe size - so her husband can make decisions without asking her the 'same questions forever and ever'

"My experiences in the ICU these past weeks have left me surprised, disheartened, but most of all, angry." Thanh Neville, M.D., M.S.H.S. "We can't let COVID win." This was my colleague's mantra when ...

I'm An ICU Doctor And I Cannot Believe The Things Unvaccinated Patients Are Telling Me

If you're starting university in 2021, after a year mainly spent at home, the first few weeks may feel bewildering. But never fear - this handy guide is here to help smooth your entry into student life ...

Freshers' guide: seven ways to make the most of your first year at university

YouGov data suggests 22% of Millennials have no friends despite increased use of social media. JOANNE SAVAGE asks why ...

What is a life without friendship? Millennials branded lonely generation

Australian Defence Force personnel will be deployed on Sydney's streets after a weekend's worth of training and without publicly available orders. While the pandemic in ...

Today the troops appear on Sydney streets - and it's heartbreaking that they've been sent there by Liberals.

TV director-producer Jamie O'Leary, who is facing eye surgery that could potentially lead to sight loss, hooks up with blind Glaswegian stand-up comedian Jamie MacDonald to bring light and shade to ...

TV guide: 23 of the best shows to watch this week

Since the COVID-19 pandemic started, those living with sickle cell disease (SCD) have found themselves compelled to self-isolate over fear that they could be having COVID-19 as the symptoms for both ...

Hope for patients as government launches sickle cell management and control guidelines

A new study suggests that older adults who are lonely are twice as likely to use opioids for pain and 2 1/2 times more likely to use sedatives and anti-anxiety medications, potentially putting them at ...

Lonely older adults more likely to use prescription drugs, study finds

Looking for a good scare? Here's a selection of titles to pick from, depending on which horror movie genre you prefer.

LIST: Beginner's guide to the world of horror cinema

The pandemic has impacted our relationships in so many ways. When it comes to platonic connections - whether they're BFFs, work buddies or casual acquaintances - being separated from our friends due ...

International Friendship Day: Has the pandemic changed our friendships forever?

From the perfect season to go on safari to finding the ideal time to climb Kilimanjaro, here are the best times to visit Tanzania, along with a month-by-month guide to the most interesting events.

When is the best time to go to Tanzania?

As the world begins re-opening to tourism, we can start to dream about some familiar attractions in Tokyo and Osaka ...

Returning to the best of Tokyo and Osaka

Current smart technology has ushered in the Fourth Industrial Revolution, a new era integrating communications with automating industrial practices and traditional manufacturing. Through this improved ...

Forward Motion: The Fourth Industrial Revolution Is Happening Now

We've put together a guide to the first two episodes of Schmigadoon ... Betsy's character reminds us a lot of Meg from Brigadoon - the lonely girl who seduces the handsome outsider. In Schmigadoon, we ...

A Comprehensive Guide to All the Musical Theatre References in SCHMIGADOON!

At last, the Proms will welcome live audiences back to the Royal Albert Hall. Here's our selection of the best concerts of the 2021 season ...

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