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Wash your face or brush your

teeth. Do a face mask or use

some other self-care

toiletries to freshen up.

Notice all the smells and

textures. Notice how they

feel on your skin and how

refreshed and alert you

feel. Tap the sides of your

kneecaps. Or, cross your

arms, making an X on your

chest, and tap your

collarbones with your

fingertips.

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speaking or writing so that you don't make a flub when you're giving a speech or in your essays and research papers.

~~How to Use "Your" and "You're" Correctly | The Classroom~~

viii 101 WAYS TO TEACH CHILDREN SOCIAL SKILLS How To Use This Book This book is divided into nine sections that comprise the major categories of social development. It can be used as the basis of a social skills curriculum, or as part of an educational or treatment plan to address specific social skills problems.

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Be committed to your growth.
Take courses. Self-reflect.
Build on your strengths.
Don't rely on the feeling of
familiarity but focus on
what will enable you to grow
the most. Know your inner
self. This means knowing who
you are and what you
represent. Be clear of your
personal identity. Read:
Finding Your Inner Self;
Discover your life purpose.

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Set the mission statement for your life, one that will drive you to live your life to the fullest.

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An easy way to fight this is to create an activity feed for all of your project activity. An easy way to do this is using a tool like Yammer, HipChat or Campfire. For example, this Zap will create a HipChat alert for all new Trello activity so you can easily monitor your project from inside a dedicated HipChat room.

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quotes that inspire you,
pictures, photographs...
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Use a mixture of ACV and water to spray in the fridge; apply undiluted ACV to any spots with mold and mildew. 56. Use It as a Natural Deodorant. Mix together equal parts of apple cider vinegar and water and apply directly to your underarm using a cotton ball. 57. Apply After Being Stung by a Jellyfish

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101 ways to get the most out of your first sewing machine
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& break; & break; Learn to shorten pants, alter a neckline or update last-year's suit. Decorate your home with simple pillows, a variety of drapes, or update the look of that garage-sale find. & break; & break; Whether you are a beginner sewer or an expert, you will appreciate this must-have

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reference guide to the basics, including:

- &break;&break;Step-by-step instructions &break;Easy clothing alternations and home decor projects
- &break;Over 75 detailed illustrations &break;Expert tips, tricks and advice to ensure success
- &break;&break;Don't get left in the fuzz. Get your sewing machine out of the closet and start making it work for you.

Discover the transformative potential of social media in this engaging and thought-provoking exploration of humanity's favorite pastime.

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to Do Good identifies 101 very simple actions that social media users can take, starting today, in order to make a positive impact in our own lives, in the lives of others, and in the world. Every action we take on social media is a choice, and every choice generates an outcome. It is up to each of us to choose actions that affect positive change, and this is our roadmap. Our mission, if we choose to accept it, is to change the world...one social media post at a time.

After her run on rock radio, Steele built a consulting and motivational-speaking

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business partly on the lessons she learned from wildly successful people in the music business. Her advice for success-dispensed in brief dollops shorter than a page (often just one sentence)-is ridiculously sane.

101 tried-and-true solutions (that won't get you fired) for dealing with that coworker! It's time to start strategizing! Get creative with these techniques for dealing with the jackass down the hall, including:

- *Protect Your Reputation (page 158)
- *Explore the Backstory (page 54)
- *Read Machiavelli (page 150)
- *Own

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Your Ideas (page 23) *Keep Your Eyes on the Prize (page 57) *Search for the Win-Win (page 167) *Avoid Social Media (page 42) *Look for Triggers (page 145) *Suggest a Promotion (page 15)
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zones, making lectures active, and much more. In addition to online learning activities for opening, training, and closing for a variety of categories, this volume features best practices from top experts for using social media and common e-learning tools, including PowerPoint and Articulate. Also offers tools and techniques for the full gamut of online learning practices, from gamification and simulations to serious games and m-learning. The strategies and activities in this book are geared to classroom delivery of training. A separate collection is devoted

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entirely to online learning strategies and activities, em style="font-size: 10px;"101 Ways to Make Online Learning Active. What will continue to set these books apart is the relevance of dozens of new examples, the wisdom and impact of fresh practical tips, and the rigor and expertise supporting dozens of exercises and techniques.

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Turn every workday into a source of satisfaction with this treasure trove of 101 ways to improve productivity, minimize stress and find happiness on the job. For example: #34 Smile Do you smile at work? If not, you may be confusing your serious look with professionalism. The reality is that not smiling just makes you look unhappy. #41 Take Ten The next time you can't get started on a task

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or project, tell yourself you will only work on it for ten minutes. Chances are you'll stick with it once you've started, but even if you move on after ten minutes, you will have accomplished that much more.

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Darkly humorous cartoons show a variety of facetious uses for a deceased pet

Minimalism meets DIY in an accessible guide to

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household waste reduction We all know how important it is to reduce our environmental footprint, but it can be daunting to know where to begin. Enter Kathryn Kellogg, who can fit all her trash from the past two years into a 16-ounce mason jar. How? She starts by saying "no" to straws and grocery bags, and "yes" to a reusable water bottle and compostable dish scrubbers. In 101 Ways to Go Zero Waste, Kellogg shares these tips and more, along with DIY recipes for beauty and home; advice for responsible consumption and making better choices for home goods, fashion, and the

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office; and even secrets for how to go waste free at the airport. "It's not about perfection," she says. "It's about making better choices." This is a practical, friendly blueprint of realistic lifestyle changes for anyone who wants to reduce their waste.

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