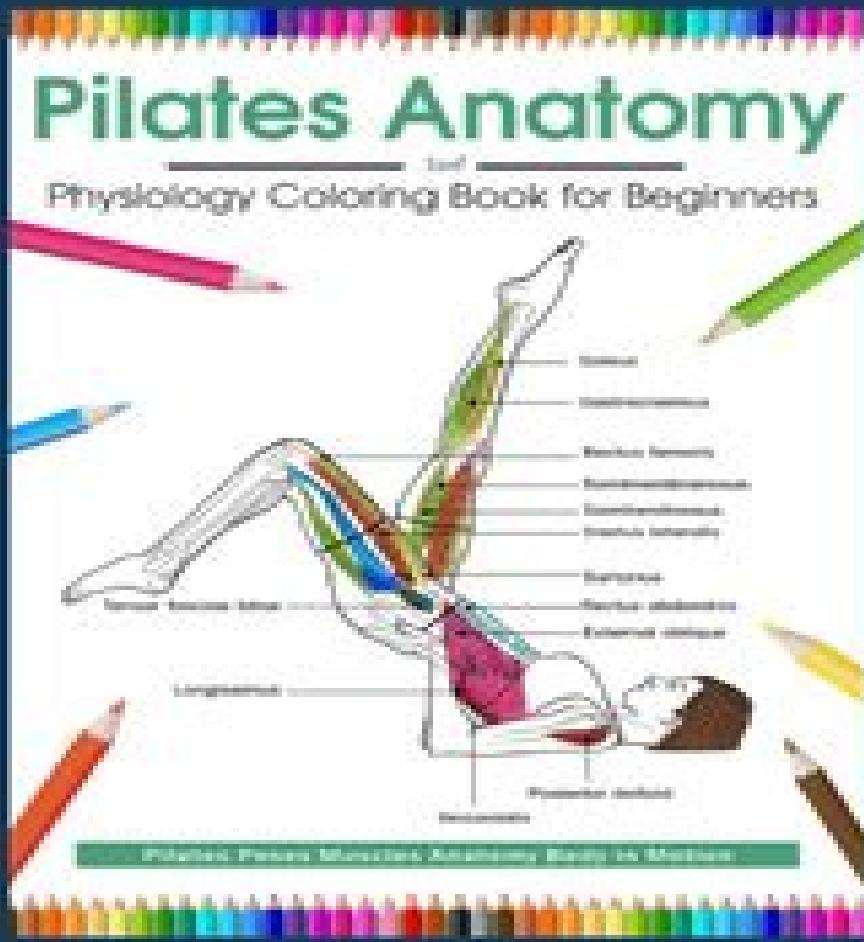


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Day at a Time David M. Sloan, 2011-08-17 One Day at a Time is an inspirational story of David Sloan's battle against MS This book is about using hope and attitude as weapons to fight through the mental gymnastics and roadblocks that MS created as Sloan's disease progressed It features a step by step description of searching for answers that resulted in finally finding a label for his disabling symptoms Sloan's life as a successful investment banker always in control gave way to learning that health and family were much more important than money and power when he finally retired on long term disability His journey included traveling alone to Brazil where he spent time with a spiritual healer This experience strengthened Sloan's resolve to never give up and use attitude to his advantage Whoever he knows or meets has never met anyone with a stronger positive attitude One can only understand his strength by learning about a similar battle with MS fought by Sloan's mom who spent thirteen years in a nursing home yet never complained

Disruption of Habits During the Pandemic AA: VV:, 2022-09-23T00:00:00+02:00 In the year 2020 what we used to think that our habits have been profoundly disrupted Lockdown still represents an unprecedented experience for all of those who went through it since it radically affected our freedom of movement and social interaction that used to make up our everyday lives Some people believe that once the pandemic ends nothing will be the same Others think that once the virus becomes weaker or a vaccine is at our disposal and the fear is diminished everything will go back to normal because the mechanism of habit is in many ways similar to the mechanisms of nature reiterating the uniformity of its functioning Who is right then Both positions perhaps When

philosophers addressed the issue of customs namely collective habits generally emphasized the caution required when it comes to changing them and if we look back on history Could pandemics affect shared habits in specific territories as ultimately generated in reaction to other natural risks and or to their threats

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MenoWars Fiona Clark, 2025-09-25 First we were told we all

needed to have HRT to remain interesting for our husbands Then we were told it was going to give us cancer and put us in an early grave Next we were told HRT was safe and we had to take it or we'd all end up with crippling brain fog quitting our jobs and descending into dementia as the economy collapsed around us On the other side of the fence are those who argue

that menopause is natural it doesn't need treating and a cold water swim could fix everything No wonder we're more confused than ever Why has this happened What does the evidence say MenoWars explains why menopause is such a political hot potato taking into account the history of gender bias in health and health research the void and how it's filled and what the evidence actually says It answers questions like will HRT prevent dementia what you can do help your brain will HRT prevent heart disease what you can do to help your heart and much more MenoWars explains the silent changes you can't see and which need to be sorted and why Importantly it not only shows why we're arguing it outlines where the science is heading so we can live longer better healthier lives in perimenopause and throughout the decades we spend in post menopause

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