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mental well-being, anxiety and depression: A multiple mediation model Fri, 15 Mar 2019 02:01:00 GMT The Journal of Positive Psychology: Vol 14, No 2 - Positive emotions have been linked with better health, longer life, and greater well-being in numerous scientific studies. On the other hand, chronic anger, worry, and hostility increase the risk of developing heart disease, as people react to these feelings with raised blood pressure and stiffening of blood vessels. Wed, 20 Mar 2019 13:22:00 GMT Positive Psychology: Harnessing the power of happiness ... - Pathways to Effective Reasoning - Assuring the Person Feels Heard: emotional healing begins when the patient's concerns are acknowledged. - Focusing on Feelings: finding unresolved emotional stressors. - Emotion-Sustaining Beliefs: the purpose of the emotion. - Identifying the Patient's Strengths: channeling the wellness with the mental or physical illness to facilitate healing. Fri, 22 Mar 2019 12:08:00 GMT Reasoning with Unreasonable People: Focus on Disorders of ... - Want to improve your life with advice from the best? Read this summary of Tools of Titans, by Tim Ferriss, with lessons organized by theme for efficiency. Fri, 22 Mar 2019 06:53:00 GMT Best Summary + PDF:

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Compiled by Lion Goodman . The Master List of Virtues . People say that there are many sins and virtues, but I think there is only one sin – to let one's breath go without being conscious of it. Sun, 17 Mar 2019 19:45:00 GMT The Master List of Virtues - BeliefCloset - 7 Dental plans 7 Medical plans 7 Vision plan Benefits available at an additional cost to you. 8 Accidental Death and Personal Loss (AD&PL) insurance. 8 Aetna Accident Plan. 8 Aetna Commuter Benefits Tue, 19 Mar 2019 17:27:00 GMT 2019 Benefits overview - Aetna - 1 What qualities distinguish YOU as a LEADER? Learning from one another across the world We asked you to respond to this question, considering such things as what Fri, 22 Mar 2019 23:21:00 GMT What qualities distinguish YOU as a LEADER? - Self-Determination Theory (SDT) is a theory of motivation.. It is concerned with supporting our natural or intrinsic tendencies to behave in effective and healthy ways. SDT has been researched and practiced by a network of researchers around the world.. The theory was initially developed by Edward L. Deci and Richard M. Ryan, and has been elaborated and refined by scholars from many countries. Thu, 21 Mar 2019 03:48:00 GMT Self-Determination Theory

- Virtue ethics is currently one of three major approaches in normative ethics. It may, initially, be identified as the one that emphasizes the virtues, or moral character, in contrast to the approach that emphasizes duties or rules (deontology) or that emphasizes the consequences of actions (consequentialism). Virtue Ethics (Stanford Encyclopedia of Philosophy) - Emotional intelligence fuels your performance both in the workplace and in your personal life, but it starts with you. From your confidence, empathy and optimism to your social skills and self-control, understanding and managing your own emotions can accelerate success in all areas of your life. 50 tips for improving your emotional intelligence

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