

50 Simple Ways To Live A Longer Life Everyday Techniques From The Forefront Of Science

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People residing at higher altitudes tend to live longer, a study by the University of Colorado and the Harvard School of Global Health revealed. Of the 20 healthiest counties in America, many are in Colorado and Utah. Researchers think lower oxygen levels might cause your body to adapt in ways that strengthen your heart and circulation.

50 Ways to Live a Longer, Healthier, Happier Life

Live within your means. Adopt an attitude of gratitude. Smile like you mean it. ? Avoid drama. Unplug everything when you're not using it. Have a set time each day to check social media (and stick to it). Cancel your cable bill if you rarely watch TV. Spend time outdoors as much as possible. Let go of the past, and live in the present.

101 Ways to Live a Simple Life | Power of Positivity

50 simple ways to make your life greener. 50 simple ways to make your life greener Photographer: Aaron Tilley. Set design: Rhea Thierstein, assisted by Isabelle Dodd ... If you live in England and ...

50 simple ways to make your life greener | Environment ...

So to make this article as easy to use as possible I've decided to organize the points based on these categories: food, money, entertainment and technology, mental, goals/work, possessions, other for single points with no others like it, and a beginning and an end point made to start you off in the right direction and end the process in the best way possible.

30 Simple Steps to Simple Living in 30 Days: How to ...

The graph below starkly lays bare the second wave is under way. In a worst case outcome, it's feared 80,000 could perish this winter if the spread of infection continues to rocket. Patrick Knox ...

Coronavirus UK news LIVE - Gove warns second national ...

To live a simple and peaceful life, work on reducing your commitments by saying "no" to others more often. Additionally, try to focus on one thing at a time instead of multi-tasking. You should also schedule regular breaks throughout the day, even if it's only for 5 minutes.