

Title: Visiting the UK: Alnwick

Link: <https://mytrendingstories.com/ok-then,-what's-next?/visiting-the-uk:-alnwick>

Content: Alnwick (pronounced Ann-ick) is a hidden gem of North East England. It's a small town located close to the Scottish Borders in the county of Northumberland. I'm biased, growing up in neighbouring Cumbria, and having got married in Alnwick a couple of years ago, but all of our wedding guests loved the place, despite most not having heard of it beforehand! It's a characterful town surrounded by rugged landscapes perfect for walking and nearby stunning sea-views and coastlines. Here are some reasons why you should visit:

#### Alnwick Castle

Photo: Alnwick Castle, Ally Hook

The castle was used to film parts of the Harry Potter Films, such as the flying lesson. Dating back to the Norman Conquest, it's not a castle in ruins and you can look around both the castle and parts of the Stately Home, as well as the castle grounds. There are regular events and exhibitions which take place (some Harry Potter themed!), aimed at both adults and children. You can explore it at your own pace or following a guided tour.

Photos: Alnwick Castle, Ally Hook

#### The Alnwick Garden

Photo: The Alnwick Garden, Paul Harrison

Next door to the Castle is the Alnwick Garden. The Garden has many different sections or themes, including the Cherry Orchard and the Poison Garden. On entering the Garden, you see the Grand Cascade and other water sculptures- don't stand too close if you don't want to get wet! Like the castle, the Garden has different events and displays on at different times of year. We went around Hallowe'en and found lots of spooky additions to the grounds, as well as musical performances.

Photos: The Alnwick Garden, Paul Harrison

Photo: The Alnwick Garden, Beccy Bernamont

Photo: The Alnwick Garden, Elaine Altuccini

## The Treehouse

Photo: The Treehouse

Close to the entrance of the Garden is the Treehouse Restaurant. This is where we got married and is well worth a visit, even if it's just to walk around the raised walkways and rope bridge! There is a small bar/cafe area, The Potting Shed, or you can eat in the Restaurant itself. The food is incredible and features a lot of local produce.

Photo: The Treehouse Restaurant & The Potting Shed

Photo: Rope Bridge at The Treehouse, Paul Harrison

Photo: The Treehouse, Verity Barnes

## Barter Books

Photo: Barter Books, Luke Dawson

Found close to Alnwick centre, Barter Books is a large second hand bookshop with a book or section for pretty much any topic you can imagine. Also inside is a lovely cafe area and log fires, where you can sit and read to your heart's content.Â

Photo: Cafe area, Barter Books

## Getting to Alnwick

Because it's rural in comparison to other parts of England, driving is the easiest and most convenientÂ way to see Alnwick andÂ the surroundingÂ area. If you drive from the South, you'll drive past the Angel of the North, which you can stop off at and explore.

Photo: Angel of the North, Stuart Young

By train, the nearest mainline train station isÂ in nearby Alnmouth, 4 miles away, with bus services running to Alnwick. The nearest

international airport is Newcastle, with Edinburgh a couple of hours away. Bus services, taxis and mobile phone signal can be scarce in the area, depending on the time of year/day/season, so it's best to plan your journey ahead of time!

## Weather

The weather on the north east coast tends to be pretty windy, but it's very variable, meaning that it can be pouring with rain in the morning but blue, clear skies by lunchtime. Whatever the weather, it's still a stunning place to visit.

These are just a few of my favourite places in Alnwick, there are plenty more and also in the rest of Northumberland.Â

Ok Then, What's Next?

Banner Photo: Paul Harrison

Photos either my own or credited to photographers mentioned and used with consent.Â

Title: How to Have a Good Day

Link: <https://mytrendingstories.com/air-wrecka-/how-to-have-a-good-day>

Content: I understand that not everyday is going to be a good day. However, I strongly believe that we can definitely control whether we have a good day or not. In the past week or so, I've come up with a few simple tips to liven up your day.Â I have been experimenting around and changing my daily routine to try and see what actions I can take to make sure my that I am getting the most out of my days. After all, I do want to make sure that I live a fulfilled life. I mean don't we all?

### 1. Start your day early

I know that the majority of us would rather sleep in but hear me out. I have been setting my alarm at 6 am so I can have an early start to my day. I work the usual 9-5 and normally would still be in bed until 7:45. However, I find that I am much more productive when I wake up early. I have more time to plan for the day ahead, make breakfast, or even watch videos I am falling behind on.

### 2. Cross your least favourite thing off your to-do list

Maybe you don't make to-do list like myself but we all have things we need to get done everyday whether we like it or not. As much as I love working out, I hate the process of actually getting myself to the gym or yoga studio. That is whyÂ I always do it in the morning. The faster I can get it done, the less likely I will have to worry about it later in the day. Having it done in the morning helps me wake up and I can definitely say that I am more alert and awake during the day when I workout in the mornings.

### 3. Unplug

We spend most of our days on our phones or computers that it is important for us to have an hour to just unplug from the world. I'm going to admit, I'm one of those people who definitely checks their phone right when they wake up. However, in these past couple of weeks I have really changed up my habits. My phone stays on airplane mode throughout the night, and aside from using it as an alarm clock or as a music outlet when I go to the gym, I'm basically not on it at all. I stay away from going on social media, checking my emails, or texting my friends until after I've had my breakfast. I find that by doing this I have more time to actually get ready in the morning so I'm not in a stressful mindset while starting my day.

### 4. Make time for things that feed your soul

This may sound cheesy at first, but I really mean every word of it. Find things that you love and excites your well being and make time for it! Whether it be watching an episode of OITNB, curling up with a good book, or simply sitting in a quirky cafe with your cup of coffee, it doesn't matter what it is. If it makes you happy, go ahead and make time for it. I don't understand when people complain about not having enough time in the day to do the things they want to do. Trust me, you have the time but you just have to make an effort to stop wasting it on things that don't matter.

### 5. Say yes!

This to me is probably the most important. We should all know by now that the things that we really come to regret in life are all the missed opportunities and chances we get. When there is an opportunity to do something out of the norm, please really think about it and say yes. If worse comes to worst, then you live and you learn. However, the good thing is that you will never have to wonder what would happen because you will know. As Drake would put it, YOLO. You might as well make mistakes and learn from them rather than shying away from the new experiences.

Title: Pumpkin Head aka Bobby

Link: <https://mytrendingstories.com/persia-karema/pumpkin-head-aka-bobby>

Content:

Maximus was excited about carving a face into a pumpkin (obviously, something he was not allowed to do, but watched instead). He helped to take the flesh and the seeds out and said "Mummy, you can put the seeds in your salad!"

Battery operated tea lights were used for safety, which he put into the pumpkin himself, as well as placing the “top”™ on to complete the look. The main lights were turned off so the pumpkin head would glow. He was very pleased with the result “ so much so, he posed with it later on his lap and gave it the name “Bobby”™.

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For more blog posts, please click on link [Maximus Octavian](#)

Title: Determining the SWOTs related to RNAi Therapeutics

Link: <https://mytrendingstories.com/srishti-khurana/determining-the-swots-related-to-rnai-therapeutics->

Content: RNA interference is a post transcriptional gene silencing process that is believed to have the potential to treat undruggable diseases. Unlike other drugs, which target a disease at the protein level, RNAi therapeutics target the mRNA that codes for proteins. Several companies, such as Alnylam Pharmaceuticals, Silence Therapeutics and Quark Pharmaceuticals have realized the potential of this market and are actively developing RNAi drugs to target various disease indications. The future of this market looks highly promising; however, careful analysis of the market indicates some challenges that need to be addressed. These factors are likely to determine the success and failure of the market and are anticipated to help in carving strategies for overcoming the weaknesses and threats to the market. Strengths RNAi based therapeutics have demonstrated potential to treat previously undruggable targets, including rare genetic disorders, owing to its ability to perform sequence specific degradation of mRNA strands. Further, RNAi therapeutics are capable of treating different disease indications by targeting a common gene. For instance, Alnylam Pharmaceuticals has two RNAi therapeutics in its pipeline, Onpattro and Vutrisiran, that target the transthyretin (TTR) mutation. Although both the drug candidates, target the same gene, they are intended for different indications, namely hATTR amyloidosis and ATTR amyloidosis, respectively. It is worth mentioning that this market is characterized by the presence of a rich and growing pipeline, of which some drug candidates are likely to be approved in the near future. Weaknesses One of the major challenges associated with the development of novel drug classes is the delivery of therapeutic agent to the target tissue. The challenge of delivering RNAi payload to target cells without metabolic clearance and immunogenicity is faced by players engaged in this domain. In order to elicit the therapeutic response properly, key considerations for a delivery technology include crossing RNAi payload through the biological barrier, selectively hitting the target, release of siRNA, high tolerance and high therapeutic index (ratio of therapeutic effect to toxicity). Often, size and charge of siRNA serves as an obstacle in the delivery to target cell or tissue. The current delivery vehicles used by

developers include lipid-based nanoparticles, polymer-based nanoparticles, conjugated systems and delivery of naked siRNA.

**Opportunities** Some disorders are caused due to multiple gene mutations along with other factors, such as lifestyle and environmental factors; these include cardiovascular disorders, genetic disorders and autoimmune disorders.Â Presently, not many effective treatments for such disorders are available in the market. However, RNAi based therapeutics have the potential to target multiple targets and thus, can effectively cure such diseases and provide relief to patients. It is worth noting that companies such as Alnylam and Arbutus Biopharma are developing RNAi based drugs that target disorders that are caused due to lifestyle habits and environmental factors; molecules of both the companies are currently in discovery stage.

**Threats** Apart from RNAi, other technologies that use the gene silencing approach are also being developed. These technology platforms include CRISPR interference and antisense technology. RNAi technology regulates gene at mRNA level, while CRISPR interference controls expression at transcriptional level. This new technology could become a potential competitor of the RNAi as it provides additional advantages, such as inducing pluripotency in stem cells. Another competitor of the RNAi technique is antisense technology, which has significant number of approved therapies, such as Vitravene, Macugen and Exondys 51.Â This technology uses the antisense oligonucleotide to target the mRNA that binds with the single stranded mRNA. In addition, this technology has the scope to develop personalized oligonucleotides with therapeutic potential.

Title: A BLANK CANVAS

Link: <https://mytrendingstories.com/hammy--sb/a-blank-canvas->

Content: I thought I begin my first article in here, with one of my blog posts from earlier in the year.Â

â€• Life is a great canvas, throw all the paint you can on it.â€• â€“ Danny Kaye

We need to see life just like a blank canvas at the beginning of everyday, and create new adventures (or a new painting) everyday.Â Just like how every painting is different and unique, our days should be filled, new adventures, new experiences and new lessons everyday.

In order to live a life as such, we need to travel, make new friends and constantly learn new things because, if we live a life that isnâ€™t filled with anything new, or nothing to draw from, how are we going to create a life that is beautiful to live and look at. How are we even going to inspire others to lead a life similar to ours?

My mentor told me, â€œThe life that you lives, informs the art that you make.â€• This to me is something I will always remember.

Learning to see life different everyday, through a different lens each time. Just like my art, I am constantly trying different styles of art, trying different mediums, and the outcome is always different.

Keep painting, keep creating, keep travelling, keep living, keep growing, keep dancing because we never know when we find that one painting that will inspire someone.

Never let others determine your happiness. Never let anyone tell you your painting is wrong. Never let the words of others take you down. Never let anyone say what you need in your life. Never let anyone impose their ideas, feelings and emotions on you.

Paint your own masterpiece. ðŸ™,

Title: 10 Reasons Why We Are Obsessed with Shark Week

Link: <https://mytrendingstories.com/midlife-margaritas/10-reasons-why-we-are-obsessed-with-shark-week>

Content: This week is shark week. ><{^{\hat{\infty}}

The Facts:

Shark Week premiered July 17, 1988.

Created by Tom Golden. (Discovery Channel)

It started as a way to clear up myths and misconceptions about sharks.

~Wikipedia

Now we know so much more about sharks but people are still getting attacked.Â Guess somebodyâ€™s not watching TV during shark week.

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Things to think about duringÂ shark week:

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Something touched you in the ocean and you literally walked on water to get away from it.

You think scuba divers who feed sharks for fun are unstable and need to explore their childhood relationships with their moms to explain this desire.

You want to yell at swimmers in the ocean in early mornings and late afternoons to get out of the water because these time slots are shark feeding times.

You know the difference between the shark fin and the porpoise fin. But youâ€™ll still stay out of the water just incase youâ€™re wrong.

When you watch â€œFear the Walking Deadâ€™ you just know all the sharks are now zombie sharks.

You understand sharks can rip apart those shark cages so you ponder #2 again.

If you saw someone being attacked by a shark you would a. Pass out or b. Hope someone else risks their life to save that person.

You are certain flooded streets near the coast contain sharks so you wonâ€™t even consider a beach vacation during a hurricane or rainy weather just in case.

The movie Jaws made you realize that sharks remember people and WILL get revenge. So never get on a boat with a person of questionable morals or who may have killed a shark in the past. You just never know.

You would leave your spouse or child in the ocean to save yourself if someone yelled SHARK. But you would never admit it.

Happy Shark Week Peeps!

Title: 3 Major Mistakes You Make That Prevent Repeat Real Estate Clients

Link: <https://mytrendingstories.com/arina-smith/3-major-mistakes-you-make-that-prevent-repeat-real-estate-clients>

Content: If you are thinking about entering the exciting real estate industry, itâ€™s good you know that people are extremely satisfied with their real estate professionals these days.Â

This means two things.Â One, the competition is tough and you have your work cut out for you.Â Which, after becoming a licensed real estate agent, wonâ€™t be too hard since you are now aware of this fact.Â



It also means that repeat business is something worth capitalizing on.

The National Association of REALTORS® (NAR) suggests that 86% of buyers would likely use the same real estate agent again for their next home purchase. However, it is estimated that only 25% of these same people actually go on to do just that.

But why, if people are so satisfied with their real estate agents, are they not using the same one for their next home purchases?

Well, there just so happens to be some solid reasons why people do not go on to use the same agent the next time they look to invest in a home.

To find out what mistakes to avoid once you receive your Georgia real estate license, or any other state license for that matter, keep reading.

### 1. Losing Touch

Think about it. How long will a client of yours likely wait before looking into purchasing another home?

If it is anything close to the average 13 years, chances are you won't be talking to your past clients for a long time. This makes repeat business very challenging.

Image Source - <http://eyeonhousing.org/2013/01/latest-study-shows-average-buyer-expected-to-stay-in-a-home-13-years/>

However, there are some helpful things you can do to avoid losing touch altogether. For example, you might consider sending out a quarterly newsletter with valuable information to past and current clients.

In addition, you will want to send out updated contact information should your phone number, physical address, or even agency change.

### 2. Not Marketing Thoughtfully

If you are looking to build your real estate business, it's always a good idea to reach out to a wider client base. After all, exposing your brand to new audiences is the perfect way to garner new business.

However, it is just as important to market to those closely associated with your previous clients. This way your previous clients are reminded that you helped them make a large financial decision and may consider using you the next time they need an agent.

Plus, this will save you money since it is typically 6-7 times more expensive to acquire new clients than it is to retain existing ones.

### 3. Not Tapping into the Power of Social Media

These days, everyone is actively involved with social media. While some previous clients may not want to deal with your

newsletter, there is a good chance they will want to stay updated with local happenings with you and your agency on Facebook, Twitter, or even Instagram.

Tap into social media as a way to inform, educate, and inspire old clients to hire you as their real estate agent the next time they want to purchase a home.Â

In the end, getting repeat real estate business is all about improving relationships with previous clients.Â If you avoid losing these connections, you will be able to boast more repeat business than ever. Â

Title: Me and The Universe

Link: <https://mytrendingstories.com/reann-erilla/me-and-the-universe>

Content: I never thought that my love for and of art and writing will take me elsewhere other than my journal. Art has made (and still making) a huge part of me but I canâ€™t express myself anywhere I know better than writing.

Both fields are becoming too saturated. Good, famous artist, striving good artist, good famous writer, striving good writer. I must admit Iâ€™m just an average in both and still trying to find my voice. In this world that is almost full of clichÃ©, how do you call yourself authentic? Where everyoneâ€™s passion are the things youâ€™re passionate about, how do you make yourself any different?

Since everything is about that already, I try not to try. I am not to compete. I know there are a lot of people who are better than me, so whatâ€™s the use? I write for myself, for my words to be heard. Iâ€™m already glad to know that my stories are out in the universe, and that anyone can read it and find out about me.

I am not here for anyone just to show something off. I am here for the benefit of expressing myself.

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Title: Fighting the Mental Health Stigma on College Campuses

Link: <https://mytrendingstories.com/rae--coleman-/fighting-the-mental-health-stigma-on-college-campuses>

Content: I didn't realize that there was such a huge stigma around mental health until I got to college. It was almost as if everyone believed that if you had any sort of mental health issue, it meant that there was something wrong with you or that you had something to be ashamed of.

This is not true.

What people fail to realize is that everyone has to take care of themselves mentally. Just as they do physically, emotionally, socially, etc. Your mental health can be affected in a million different ways, especially in college. You're starting the next chapter of your life and that's a big deal. It can also be scary. It's okay to be scared! In fact, it's normal and much more common than people realize.

Every single person that I know (and that you know) has dealt with some sort anxiety. But it's important to remember that only ever feeling anxious before an exam is much different from having anxiety every day. It's also important to know that it's possible for someone close to you have high functioning anxiety or depression and you may never know unless they tell you. Whichever category someone falls into, going to college could set off triggers that they didn't even know they had. Some of the most common ones (at least at my university) include:

Homesickness "Some students leave home for the first time when they go to college. It's not always easy to go from seeing your family every day to only every few months. It's also hard to be away from home when family member is dealing with health issues, and you want to be there for support or you're worried about them.

Overwhelming course load "College is different from high school. Some professors will ask you to read over 100 pages for one night. Some will make you write every day. It really depends on your major and the courses that you take, but it can be a lot to take in.

Peer pressure "This is always something that I talk to my freshmen about. A lot of people when they first get to college, want to go out and drink and party. That's okay, but if it's not your thing then you don't have to. A lot of people think, well if my roommate or friend invites me to a party then I have to go. No you don't. You can if you want to and if you don't like it you can leave early. A lot of people also feel pressure to drink. If you don't want to drink before you're 21 then don't. A real friend "a good friend" won't force it on you or tell you you're "no fun." They'll ask if you're sure and then accept it.

Uncertainty "Not everyone starts college knowing their major and what they want to do with their life. And if you do (that's

great!) but, it is still possible that you'll change your mind (I did). That's okay! It happens a lot actually. It's also possible that you won't follow a typical two or four year path (even if you do have a plan ahead of time). Between switching majors, finding your career path, and sometimes having to add an extra year or semester, uncertainty is a part of the college process. Maybe not for everyone, but it's definitely not uncommon.

All of these things can either cause anxiety or make it worse. It can be difficult to deal with, but at the end of the day you have to remember to take care of yourself. Of course, that isn't always easy and sometimes you may feel like giving up. When you get to that point, find someone to talk to. Friend, parents, roommate, academic advisor, counselor, whomever you are comfortable talking to. Once you find that person, together you can figure out the best steps that will help you cope.

At my university the counseling center was called CAPS: Counseling and Psychological Services. If students were having a rough time and someone suggested CAPS to them, their immediate response was, "I don't need to go there. I'm not crazy." This comment, is one of the biggest problems. It pisses me off every time I hear it. Mental health issues are not synonymous with crazy. EVER. But so many people have no idea how to address mental health openly, that at the first mention of it they shut down. At the end of the day, what those people don't realize is that it doesn't matter if you understand. This is someone else's life. You don't get to judge just because you have different experiences. It doesn't matter if you "get it" what matters is that you support them and still treat them with respect that they deserve.

I was having a conversation with a friend on Twitter the other day and apparently there's also a negative stigma around the phrase "taking a mental health day." Supposedly, people are under the impression that this means calling in sick just for the hell of it. No. I don't take a mental health day to be lazy. I do it because I'm overwhelmed, stressed, and need to reorganize my life, because if I don't I might have a breakdown. I like to keep busy and stay organized so that's what my mental health day looks like. I use the entire day to catch up and then get ahead. Other people may use this day to relax themselves in different ways; going to a spa, catching up on sleep, running personal errands but staying away from work things. Whatever your mental health day may look like, it serves a purpose. In college, it is really important to have these days to prevent burnout when you have a lot on your plate. By the end of your mental health day you should feel refreshed and ready to face whatever you have ahead of you.

So what did I do about all of this?

I was already a student leader and an RA so I was trained on dealing with mental health and suicide prevention. To get more involved I joined Active Minds: a nonprofit dedicated to raising awareness about mental health on campuses. Most universities have

a chapter on their campus and if you don't you can apply to start one. The two biggest events that we host are Stomping out Stigma and Send Suicide Packing. Stomping out Stigma includes writing down a myth about mental health on an empty soda can, and stomping on it! Send Suicide Packing happens once a year and we place 1,100 empty backpacks all over campus to acknowledge the amount of students lost to suicide every year. Aside from those two big events we also participated in the Wellness Fair and other small events that are for the purpose of educating students about all elements of wellness.

Hopefully, this post is helpful if you're about to start college, currently in college or just needed to be reminded to put your health first.

Similar Posts:

World Mental Health Day

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Title: What Girls Actually need?

Link: <https://mytrendingstories.com/mohamed-abouzid/what-girls-actually-need?>

Content: To be honest, nobody could predict how girls could act or behave. It's all about their psychological, mental and lots of unknown factors. Which made all their acts are unpredictable. In this article I will write about some things most of the girls all time looks for and it might make the relationship stay longer.

#### 1- Safety

Girls want to feel safe, they all time feel they are living in a forest, and you have to struggle to live. Hurt in order not to be hurt. So, the first thing that they want is feeling safe. And safe here is a broad word. They want physical and psychological safety. Once the girl felt that you are a threat in her life, she will just disappear or misbehave. So, you have to be a gentleman with girls, don't be angry. Because they got afraid so fast and they might panic because of your attitudes. If they said "No" so, it's No. Don't try to push them to some things they don't need to. Be diplomatic and always say Ok, When she is angry, let her talk don't interrupt

her by any way. If she was silent, and won't need to talk to you anymore, just leave her she will be fine but you have to understand that, Sometimes they really hate themselves more than anything else, so if you thought she was in that status, must leave her and when she is fine to talk to her again, if she kicked you out, leave. Then come back later, or just tell her you had enough being kicked out and you will wait for her to message you when she is fine • sometimes, it works. •

## 2- Care

Do you like her? Then prove!

It goes like this, showing care could be by words and acts. Try at least to say good morning every day and good night. At least, to make her feel there is something is going on, because if you didn't show "enough" care, she would feel unappreciated. Believe me, most of the girls don't care about your car, your house, your money, they just care about how you deal with them. It might look strange, but these factors could act as attracting factors, but still the most predominant is your personality and how you use it wisely to deal with her needs. Some wonder that showing care could make the girls bored. Well, in this case, I will tell you there is a difference between showing care and being an idiot. Seriously, because you have to know when to do this and when not, she won't be crying, and you will be showing her some funny stuff, she will hate you. She wants to cry to make you give her a shoulder to cry on. She wants to cry to make you tell her what's matter. She wants to cry to tell her that you are with her, and you are standing beside. She wants to cry to feel she is the true man who could do his best to prevent this tears. Otherwise, if you can't handle this situation, you should practise and learn how to act. TO BE HONEST, SOMETIMES NOTHING WORK just you have to do nothing and be silent and be a good listener.

## 3- Good listener and smart talkative •Bipolar mood. •

Once we have two ears, so one of them have to be for all people you know and the second have to be just for your girl. And if you were only with her give her both ears. Girls generally like to talk, talk about anything, if not, so you have to let her talk. Bait her with small questions, how was your day, how it's going, have you seen this street, have you been here before. And she will just start talking; some girls actually don't need to talk that much, so, you have to work harder to make them talk, so be talkative, talk about your day talk about her when you are talking she will start to ask questions. PING!!!! that mean she was interesting in that topic. See, you are doing well keep practise like that. Use jumper mode, ask about the green colour, and it's the relationship between it and the stars. No relations right? No, tell her it was her eyes. For a man, it looks silly for you, isn't it? But actually for a girl sometimes it worth more than buying her a golden bracelet!! Use, Discovery mode, you talk about the unconnected thing to see in

which part she was interesting in. Because, sometimes if you have been programmed for a story all time, you will be a boring friend. Another important thing to talk about is to talk about how happy you are and how grace you have when being with her. She likes that too. But don't say it a lot. Because feelings are so precious, so lots of it will make them lose their meanings so be a wise talkative man otherwise. And you will not be a wise talkative unless you are a good listener, so work on that.

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to be continue â€

M.Abouzid

Title: What's in my bag?

Link: <https://mytrendingstories.com/amalie--ingvorsen/what's-in-my-bag?>

Content: This is my bag and it's full with my stuff. Well let's see what's in it.

I have three lip balms and some hand lotion. I have a ton of lip balms. My mom once commented that you know you're at my place if there is lip balms everywhere. So of course, I have three lip balms in one bag, because one obviously isn't enough. (Irony might accrue)

Â Having a hand lotion is really convenient Especially during the winter or when travelling. I hate having dry hands and not being able to do anything about it. It can really ruin my day.

This is also a convenient two hand hygiene gels. I started having these in my bag after being on a holiday in Norway. This winter and spring, I have use a lot of gel after using public transport or after sneezing.

I did not know this was in my bag. I have thought about where it was. But yeah apparently I have a USB stick in my bag! For some reason.

I found 40 cent (euro) and 5 korun (the currency in Czech Republic) in my bag. They must have fallen out of my wallet. And then my wallet and a bottle of water. I don't normally have a bottle of water in my bag.

This was the things I had in my bag. I this you all a good Tuesday

Your Scandi friend.

Title: My Stupid Reasons for Traveling

Link: <https://mytrendingstories.com/anabelle--suravilla/my-stupid-reasons-for-traveling>

Content: Why I love to travel? Â Because I want to experience the world. I want to see and experience new things. I want the freedomÂ of being on the road, of exploring new places and of meeting new people. I want to understand the culture and beliefs of other people. I want to walk on unbeaten paths and unfamiliar roads. I want to sleep by the beach while listening to the waves. I want to see the sun sets and wake up on a different place. I want to get tired hiking the highest peak and ridingÂ the waves. I want to cross a river, a hanging bridge and to zip and land on the opposite side of the cliff. I am a wanderlust searching for adventure and challenge..

What keeps me going?

Simple. My friends.

I love a friend who shares the same passion as mine. I want a friend who encourages me to try new things and to go to new places.Â Â I want a friend who wakes me up first thing in the morning and tell me to pack. I am inspired by a friend who influences me to enjoy life and drags me out of my comfort zones. I love a friend who pushes me to my limit and challenges me to face my fears. I love uncomplicatedÂ people. Who will laugh with our own silliness, who doesn't hesitate, and who keeps on smiling despite difficult times. These are the friends who are always with me on my travels and for the future travel plans I have.Â I love being spontaneous. And being with the right kind of people makes me appreciate and enjoy every minute of our adventure.

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Title: Must Read Books!

Link: <https://mytrendingstories.com/x-x/must-read-books!>

Content: Reading is the best way to learn and improve your mind! Whether it's on business, personal growth, or any topics that you are interested in, never stop learning. Here is a list of books that has helped me a lot and hopefully will help you too!

1. Think and Grow Rich by Napoleon Hill.Â I think everyone who has achieved success or on their way have read or are reading this



book! If youâ€™re a young person like me and have realized that you want to get serious in life in a way that youâ€™re happy and ready to understand how to be successful in all aspects of life. This is a MUST read!

2. Inner Excellence by Jim Murphy. Â While I was in Queensland I came across this book. This book is what got me interested in the rest of the motivation/success books that will be listed here. Jim Murphy is an excellent coach and in this book are some stories of athletes, how they worked hard on something they are passionate about and how their coach have helped them toughen up their mental state! If youâ€™re feeling like you are about to give up, Read this!

3.Â Empty Hands, A Memoir: One Womanâ€™s Journey to Save Children Orphaned by AIDS in South Africa by Sister Abegail Ntleko.Â Okay so this book isnâ€™t really about business. Itâ€™s about a woman who came from nothing and was able to start her organization to help save children from AIDS. She was passionate and didnâ€™t care about the fact that she was the oldest one in class due to her lack of money to be able to attend school at the right age and that back in her days women were not expected to go to school, and finish uni! Which she all did, despite the fact that she was about to get disowned by her own father! As long as there is passion and lack of greed and selfishness, you will get there! THIS IS A MUST READ BOOK.

4. Manifestation Miracle by Heather Matthew.Â If you want to reach success first you must know yourself. This book was recommended to me by a woman who has and still is continuing her success! It has helped me a lot in being 100% sure about what I want and ways to get there! Some people might say these stuff donâ€™t work or might ridicule you for it but who cares! By reading them you are taking steps to your dreams!

5. Risky is the new safe; the rules have changed by Randy Gage.Â Excellent book and pretty much sums up how it is to not only survive but reach success completely in the world today. The system is no longer the same and people are reaching success by taking risks! So why not stay above the fray?

Title: What Type of Shopper Are You?

Link: <https://mytrendingstories.com/latonya-knox/what-type-of-shopper-are-you?>

Content: What Type of Shopper Are You?

Shopping...The one activity that we love to do (sometimes hate),Â that we have to doÂ -Â whether it's for groceries, household items, toys for our children, or our favorite (sometimes not)Â CLOTHING! Shopping is a universal activity that we all engage in day to day. We have it scheduled on our daily To-Do lists along with a list of what we need to purchase.

## CLOTHING SHOPPING

I want to focus on clothing shopping. This type of shopping is what affects us more because the effects play a major factor in our emotions. What exactly do I mean? Think about it when you bought your last item of clothing, was it for a particular reason - necessity, great price, your fave celebrity was wearing it, feeling emotional...What was your WHY for purchasing that item?

This is important to grasp.

Shopping can be (it's supposed to be) an exhilarating, enjoyable experience when done correctly...but let's be honest most of us do not shop correctly. And that is where the problem is...Â we look in our closets and see hangers of items that are dysfunctional. Our shopping habits have caused us to create a wardrobe of clothing that do not work for us.

## MY WARDROBE IS LIKE WHAT?

Think of your wardrobe as your refrigerator...both must be de-cluttered and organized. The same steps we take to keeping our refrigerator stocked and clean applies to how we shop and choose items to put into our closets. When grocery shopping we make a list of items we need so that we don't forget anything and to stay in budget; BUT...we don't create one when we shop for clothing. And we should. But in order to understand how to shop, you must understand the type of shopper you are.Â

## THE 6 TYPES OF SHOPPERS

Understanding the type of shopper you are will eliminate purchase of costly items and unnecessary items; therefore, helping you save lots of money and time. What exactly are the type of shoppers and which do you fit? As I list each type, think about which one describes you:

The Spontaneous Shopper Â - Do you shop without making a decision? Do you buy without thinking? Do you just see an item and quickly purchase it, without considering if it will benefit your lifestyle of dressing? A spontaneous shopper buys on the spot, on impulse, usually based on feelings associated with that item or within oneself.

The Imitation Shopper Â - Do you purchase items based on celebrities, magazines, runway, etc.? The imitation shopper does not have their own style personality but tend to follow the trends and styles of others. They don't have their own identity, they want to feel included with the 'in crowd.' This type of shopper usually applies to teenagers, but adults are not exempt either.

The Hide My Feelings Shopper - Do you shop when you are feeling depressed, sad, lonely, or any type of negative emotion? Are you trying to hide those feelings by shopping? The Hide My Feelings Shopper is someone who shops in her feelings...she is having a bad day, shop; she broke up with her boyfriend, shop; her self-esteem is low, shop. She shops because she wants to hide from her feelings and not deal with what truly is going on in her life.

The Label Shopper - Do you shop only for name brand items and would not be seen with any other? Do you constantly look at labels? Do you purchase items because of the name associated with and not because it functions with your lifestyle? The Label Shopper is the name brand purchaser; she will only spend her money on labels even if it's something she doesn't like or need. She believes that this displays to others that she is successful and wealthy.

The Putting It Off Shopper - Do you have a laundry list of tasks to do, but instead you decide to go shopping? Do you avoid taking care of important tasks by shopping? The Putting It off Shopper tends to run away from their problems and replace it with shopping. The problem or task at hand is considered to be boring and stressful, so she turns to what looks fun and exciting, which is shopping.

The Uncontrollable Shopaholic Shopper - Are you obsessed with shopping? Do you get a 'high' from shopping and once you stop you hit a 'low' and therefore you have to shop again? The Uncontrollable Shopaholic Shopper is addicted to shopping similar to an alcoholic or drug addict. They have no control and seem to find it hard, if at all possible to stop shopping.

If any of these type of shoppers describe you, then it's time to deal with what is truly going on. I don't want you to completely stop shopping and I am not trying to take away the enjoyment of shopping, but when you are more aware and conscious of your shopping habits you will have a better hold on your finances. And in turn avoid the guilt of spending over your budget and the possibility of debt.

#### WHAT IS THE SOLUTION?

So now that you know the problem, let's talk about the solution. If you fit any one of these type of shoppers here are a few tips to help you the next time you go shopping:

If you feel the impulse to purchase an item, leave the store and give yourself a 24 hour period. Most of the time, if you do this, your urge to instantly purchase that item will go away.

Make a list of items you need in your wardrobe and carry it with you; if the item is not on the list...then you know that you shouldn't purchase it.

If you are shopping to hide your feelings or to run away from a problem...STOP, and process what is really going on and find a more constructive way to deal with those emotions and/or problems. Read a book, call a friend (mentor, family member, spouse) to vent, or exercise to help direct your emotions to a place that is more beneficial to you.

Try to avoid the temptations of shopping. For example, if you are a subscriber to over 3 -5 clothing sites, you need to unsubscribe ASAP. Getting those promotional emails maybe the reason you are shopping so much - you see a sale and feel that you should purchase. Do not fall for the temptation!

Be mindful of your shopping habits and know the WHY's of your shopping. Understanding your shopping behavior is the beginning of a more enjoyable and freeing shopping life!

Title: Supporting others

Link: <https://mytrendingstories.com/robyn---verrall/supporting-others>

Content: I have over time supported many charities, volunteered at schools where my daughter attended, organized fund raising events and spent many an hour happily supporting others to achieve great outcomes. I have signed up for webinars, paid money for "grow your business" opportunities and bought goods from school stalls I never used nor wanted. Haven't most of us.

What happens when all of this isn't returned? Most people don't want anything for their actions, they do it for passion, friendship and perhaps an opportunity if ever your product or service is required someone will pick up the phone, or text or email and ask you to supply the goods you sell or even request you guest speak.

My face book feed is flooded with "entrepreneurs" who can tell me "how to grow my business" make \$350 with only \$500, like my

page and win, do a quiz that will tell you who you were in a past life, present life, how old you are, who you look like, who you should be, what career you should have, etc. some of them are fun and I do them but chose only to share when I feel like it.

I am sure I get un-followed a lot, I think I'm boring and it is obvious I don't have a paid occupation or otherwise I wouldn't be so available on social media pages. Its ok if you do find me boring and obnoxious, that's ok. What people think about me is none of my business, there is one thing I don't do is share other people's business. It's not my style and as much as I would like to tell people about you if you tell me something I won't.

I want nothing more than to support our business, our grass fed beef and lamb in Australia so others can not only enjoy good food they can share our dream of moving our business into the national arena.

One thing we need in life is farmers and food. We need then 3 times per day (if we are lucky) we will have enough to share with others.

There is nothing nicer than sharing a meal with people we care about or hearing from customers that love the taste and the quality of our meat. My favourite is lamb, what is your favourite? Do you share and do you have left overs you use?

Title: Best Tips to Sell House for the Best Price

Link: <https://mytrendingstories.com/joseph-nicholls/best-tips-to-sell-house-for-the-best-price>

Content: When you put up your house for sale, you expect to receive the best price for it at the end of the day. Getting the best price for your home is never a difficult thing to achieve. That's because you will be provided with a large number of tricks to consider when you are getting the best price for your home. Here is a list of some of the most effective tips out of them. Any person who is engaged with the process of selling a house can follow these tips. They will help you to sell your house for the best price that you can think of and get a decent amount of money to your hands. 1. Give realistic time frames If you want to get the best possible price for your home, you shouldn't think about selling it overnight. If you want to sell your house overnight, it would not be possible for you to get a good price for it. That's because you will be forced to lower your prices. Therefore, you need to set up realistic time frames. From the recent studies, it has been identified that most interest to your home comes within the very first month of putting up

the advertisement to sell your house. You need to see whether you are getting any buyer interest during this time period or not. If you are not receiving any interest, you need to discuss with the real estate agent and think whether you need to bring down the prices or not.

2. Sell your house to a company that buys There are companies, which are looking forward to buy houses that people are willing to sell. You will be able to get in touch with one such company and sell your house as well. However, you must keep in mind that all those companies are not willing to make a decent payment for your house. Therefore, you need to do your own research and find a company, which has been able to maintain a solid reputation throughout the past by helping people to sell their houses at the best prices. Bigger Equity can be considered as a perfect example for such a company.

3. Get to know about the market If you want to sell your house for the best price, it is also important for you to have a clear understanding about the market. In fact, the market knowledge that you have will be in a position to provide an excellent assistance to you with selling the house and get the best price for it. Not only the homebuyers should go ahead and do their own research on the market. The home sellers should also think about conducting their research. It will help them to get to know about the market and compare the prices with the other properties available for sale. With such a strategic research, you can easily increase your chances of selling the house and getting the best price for it.

4. Do your math While doing the research, you should do your math as well. Your house is worth at the amount that someone is ready to pay. But you need to do math and get to know about the value of the property as well. Then you can understand the real value of your property. If you are not aware about the real value of your property, you cannot expect your buyers to know about it. In such a situation, you will not be able to get the best price for your home as well. That's why it is extremely important for you to do your math and get to know about the real value of your home.

5. Expect the unexpected When you are selling a house, you should always be ready to expect the unexpected as well. To get ready with that, you need to adjust your mindset in order to review the expectations on a regular basis. Your neighbor must have sold the house for a good price three months back. Hence, you might be thinking that you will also be able to sell your house at that price tag. But during those three months, a lot has changed. Therefore, you need to go through your expectations again. With that, you can easily understand whether you are in a position to sell your house for the good price that you have in your mind or not. Sometimes you will have to sell your house at a lower price tag, but you can also be lucky enough to sell the house at a higher price tag as well. It all depends on the market conditions. Therefore, you should expect the unexpected. When you have an appropriate mindset, you will be able to make sure that you are not getting surprised with the changes in the market.

6. Ask your agent to negotiate If you want to get the best price for your home, you need to seek the assistance of a real estate agent. In addition, you should also handover the negotiation job to the real estate agent. They have plenty

of experience in selling homes. As a result, they will be able to use the knowledge and experience that they have in order to sell your house and help you get the best price for it. 7. Look for the right buyer Last but not least, you need to look for the right buyer. Looking for the right buyer can also increase your chances of selling your house for the best price that you can ever think of. The right buyer will be in a position to afford your house and pay the amount that you ask. Therefore, you need to select appropriate channels to market your house, so that you will be able to grab the attention of the right buyer.

Title: What are the things to consider ahead of purchasing the best torque wrench?

Link: <https://mytrendingstories.com/mohamed--fareed/what-are-the-things-to-consider-ahead-of-purchasing-the-best-torque-wrench?>

Content: Specifically used to prevent the over tightening or over the loosening of the bolts and nuts, torque wrench helps operators in limiting the applied torque within the mentioned specifications for a specific application. Ever since the torque wrench was first introduced, its inception has offered some high-quality products which have become immensely popular in the automotive , construction, as well as the industrial sectors. While pricing happens to be an essential factor while getting hold of the advanced torque wrench, if you are opting for a more complex mechanism then you have to invest a lot. In this particular guide, the aim is to enlighten you with the buying guide in order to get hold of the best torque wrench from the market. So, keep reading on.

#### 5 Things to Keep in Mind when Looking for the Best Torque Wrench

The below-offered list of things is the factors to keep in mind before you decide to pick up that best torque wrench from the market. Keep reading on and know the things.

1.High-quality “ Using standard torque wrenches would be sufficient enough to ruin the integrity quotient of projects, for the usage of the torque wrench entirely related to the fundamental construction of any machine. Moreover, if you are using a high-quality torque wrench, then it might be effectively helpful in order to avert the inefficiencies in any job besides bringing the tooling cost down.

2. High Accuracy “ The high accuracy torque machines are of two types. While one happens to be the electronic torque wrench, the other is safely called the slipper-type torque wrench. You will need to choose which type of torque wrench you would like to get hold of.While electronic torque wrench measure through a strain gauge that is connected to the torsion rod, the slipper-type torque wrench happens to be the perfect fit for the production facilities.

3.High Capacity “ There are multiple types of high capacity torque wrenches that have been available in the market which are required. If you have been finding a torque wrench which requires being of high capacity, then you would have to invest a lot. One needs to decide beforehand else it may lead you to erroneous and confusing purchase.

4.High Precision – The torque wrenches with high precision empower the manufacturers to maintain the torque level in terms of the specification. Lose or stripped screw joints are compatible to ruin the reputation of the company in the market. So before you choose to look for a torque wrench with high precision, make sure that you are aware of the brand in the very first place. For more information, one can check [Buying guide of a torque wrench](#) .

This draws the closure of this particular guide to look for the factors to consider before buying a torque wrench from the market.

Title: Traveling alone - Incredibly Helpful Solo Travel Tips.

Link: <https://mytrendingstories.com/tranding-stories/traveling-alone---incredibly-helpful-solo-travel-tips>.

Content:

– As a solo traveler, all you need is to overcome such fears as experiencing dangerous situations alone, homesick and being lonely, and bravely set out to enjoy nature alone.

While travelling alone, without a family or your friends, you need a hyper attention and awareness to your surroundings in order to be safe from unwanted attention and crime. Therefore, when packing for solo excursion, you are required to consider taking extra precautions for a smooth and a safe trip.

Tips for traveling alone.

– Your family and friends frets and are palpably nervous when you set out to travel alone. Such an undertaking is deemed to be extremely daunting and has scary prospects. This article provides you with incredibly helpful solo travel tips for easy and an exciting experience.–

Make prior preparations.

You need to do a thorough research while travelling alone. Understand the condition of the place you are visiting, how you will get there and where to stay as well as the expenses during the trip. This will save you the drama of getting lost and running out of cash among others.

Prepare the right accessories.



Getting the right accessories for the trip will help you to compromise difficulty encounters during the journey. Safe travelling gear, travelling supplies and protective gear will enable you to savor every moment of your journey with great peace of mind and excitement.

#### Pack smart

Ensure your backpack is light for easily travelling. Bring less technological gadgets to avoid much attention and attraction. More gadget will keep you uncomfortable as you get to focus more on ensuring that they are secure and safe other than enjoying the nature. Locking suitcases and backpacks will help you to secure any gear that you want to protect.

#### Arrive during the day.

Coordinate your travel arrangements to make sure that you arrive in your destination in day light before the sun sets. You will save yourself the hectic of having to wander around with a map in a new town at the late hours. Otherwise you will look confused hence attracting the wrong attention that could lead to being robbed and mistreated.

#### Plan your attire to blend in with the locals.

Dress in a manner that you will avoid turning heads of the locals while travelling alone. You do not have to show up in a remote area. This looks ridiculous and disrespectful, and the locals may turn against you and ignore offering you any help you may need.

Making sure that your packed attires accord respect to the local customs and solo travelling will be more rewarding and enjoyable to you.

#### Plan for escape.

Know how you can leave an area in case something worse happens. Though there are minimal chances for a reason to escape, it is necessary to be prepared. Learn how you can talk to the local embassy at the occurrence of crisis as well as how to get back to your hotel, in case you fall sick or an accident happens.

Let your family and close friends know where you are and keep updating them.

This will enhance safety. There are minimal chances that something bad could happen, but it does not hurt to let them know where you are and the condition.

Make sure they have details for your accommodation and your active contacts among other necessary details. Let them know in case you have a change of plans on your area of travel among other changes.

Read blogs on solo travel and scams.

Here you will find invaluable wisdom shared by the lone travelling experts. These are great guidelines to help you try out your new destination alone and with confidence.

Various blogs and research will help you learn about travel scams that may lead to getting suckered during the journey. Understanding how the scammers seize the tourist and their way of approach to avoid being caught.

Â Items to pack for an incredible solo travelling.

A supper loud whistle.

While in a tricky situation and you need help, the whistle will help you to make an alert. Supper loud whistles are pretty practical in drawing attention to person who are miles away.

Best packable rain gear.

A water proof rain scarf and a hood are good to go if added to your jacket. These are small sized and lightweight hence easy to pack and will create more space for your jacket.

The rain scarf has two pockets that are water resistant for holding such essentials as your credit card. The hood is detachable hence can be worn in any jacket.

Rubber boots.

Good rubber boots have a riding inspired style, hence are the best for walking. They perform the best when hiking and walking during a rainy travelling journey. This is because they have a great outdoor surface grip. The rubber boots will keep your legs warm, protected and dry on a chilly rainy day of your travel.

Water purifier.

This will save your stomach the upset resulting from taking contaminated water. It will also save you the cost of buying bottled water. Sodium hypochlorite removes contaminants in water that may cause travel illnesses risks.

Battery packs.

You cannot afford to have your phone off, when you are travelling alone. Besides taking the snap photos, you need to be reached by the family and friends as they check on your progress. By getting an innovative battery pack, you have an extra two full charges for the day.

Other necessities include, sunscreens, sunglasses, illuminating source of light like a torch, and a protective gear in case of an attack.

Conclusions.

Always keep your travel documents and other valuable out of sight. Carry cash in different pockets and leave your jewelry and expensive watch at home. Lone travelling is surprisingly wonderful.

Besides enjoying the breath of nature, it inspires you to make courageous and independent. At the end of the journey, you will have an extreme cultural immersion from the locals. This video offer extra tips as well as the dos and donâ€™ts you need while travelling alone.Â

Solo travelling provides the best experience ever. Try it for the most cherished and long-lasting experience!

About the Author

Hi! I'm Demi - founder and editor in chief at Outdoorsdoc . Here, I will share everything I know about enjoying and surviving the outdoors and sports. Whether you love to go outdoors, you will find interesting and informational articles on this blog.

Title: University of the Philippines' Annual Oblation Run Protested Marcos Burial!!

Link: <https://mytrendingstories.com/rea-lakwatsera/university-of-the-philippines'-annual-oblation-run-protested-marcos-burial!!>

Content:

UP Oblation Run hits Marcos burial at Heroes' Cemetery

MANILA, Philippines - Alpha Phi Omega (APO) Fraternity held its annual oblation run yesterday at University of the Philippines , Diliman Campus as part of their rebellion against former President Ferdinand Marcos being buried at Libingan ng mga Bayani.

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The fraternityâ€™s yearly oblation run is always done for a cause. This year, the students who participated in the oblation run held placards about Marcosâ€™ burial while running. There were 27 APO Member who ran around Palma Hall .

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The fraternity stated, "We call on our government to truly serve the people, to protect the freedoms for which many have fought

and died, and pay homage to those heroes by never forgetting the dark chapters of our history while moving towards a more just future.â€•

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â€œWe meanâ€¦ na hindi lang kapayapaan, kundi kapayapaang may katarungan,â€• Thomas Benjamin Roca said â€œ APO Spokesperson for the Oblation Run Event .Â

They dedicated this run not only to seek justice for the victims of Martial Law, but also to ask the Duterte administration to stop extrajudicial killings and to end contractual labor.

Toby Roca of APO UP Diliman said, "[The government] should truly serve the people, protect the freedoms for which many have fought and died, by never forgetting the dark chapters of our history."

The APO members also called on the entire nation "to seek accountability and an honest unrevised history."

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NetizensÂ shared different views about the event.Â

â€œhahaha..ito na ba yung oblation run?...ipinapakita dw ang hubad na katutuhanan nguni't mukha naman ay tinatakpan..mga studenteng walang paninindigan..kung maghuhubad man lang idi ipakita na lahat pati ang mukha..walang silbi yan kung ang sariling mukha itinatago sa likod ng maskara..bakit ayaw nyo lang bang mabalot kayo ng kahihyan?...sayang naturingan pa naman kayong mga iskolar ng bayan..â€• â€œ Agentum Kwatro Siete

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â€œto ang gusto ng mga tag UP, ang gawin ang lahat ng gusto nila, masahol na sila kesa sa mga pagano. hindi sa nilalahat ko ang mga taga UP. meron pa namang matitino dyan. dapat nga siguro iprivatize na ito total suporta ng suporta ang gobyerno dito pero ang nangyayari ito pa lumalabas na mga suwail, sayang lang ang ginagasta ng gobyerno dito.â€• â€œ Melvin Malan

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â€œKung talagang totoo ang pinaglalaban niyo, Hinahamon ko kayo, TUMAKBO KAYO NG HUBAD WALANG TAKIP ANG MUKHA ! Sa publiko kayo tumakbo hindi lang sa school niyo.. Dapat magkaalaman na tayo. Tingnan natin hanggang saan kayo. Sumusobra na mga taong â€˜to!â€• â€˜Â Princess Fatimah

Source:Â http://www.pinoyartifacts.com/â€˜

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Title: Spark by Casey Renee Kiser and Wren Verlaine (Review)

Link: [https://mytrendingstories.com/geramie-kate-barker-/spark-by-casey-renee-kiser-and-wren-verlaine-\(review\)](https://mytrendingstories.com/geramie-kate-barker-/spark-by-casey-renee-kiser-and-wren-verlaine-(review))

Content: This collection of poetry contains 47 poems. 28 of these are poems and the books artwork are by Wren Verlaine, the final 19 poems are by Casey Renee Kiser.

This book is the third collection of Casey's poems that I have been fortunate enough to read. Until this book Wren was unknown to me.Â

This collection of dark and brutally honest poems are simply written yet extremely profound. Casey's creativity and emotional allure always draws me in and leaves me wanting more. As I was new to Wren's writing it did take a me a bit longer to relax into his style.Â

Casey and Wren have different writing styles that seem to really compliment each other. They both seem to be able to walk the intriguing balance of darkness and humour. Both poets depth and emotional can be felt throughout this book.

Wren's artwork was confronting at first but after reading the collection as it is set out, with the artwork placed in strategic places, I found it definitely added to the book. Â

This book is for older readers as it does contain swearing and darker themes.

I am always excited to read Casey's work. Now I can also say I really look forward to reading more from Wren. I really enjoyed this collection and I am sure I will be reading it many times in the future.

Title: When The Night Falls

Link: <https://mytrendingstories.com/abdul--rehman-talat/when-the-night-falls>

Content: Sadness is addicting.Â

When youâ€™ve been broken many times, you love to listen to sad songs in midnight staring at the night sky thinking of someone or something. You are just lost in your world of misery, trying to figure out stuff.Â

It doesnâ€™t hurt you anymore but you can feel the pain lurking inside you.Â

When the the night falls, you just want to break into starsÂ

â€“ Abdul Rehman Talat

Title: Spotting a Fake Friend

Link: <https://mytrendingstories.com/chii-tseng/spotting-a-fake-friend>

Content: It is very hard to trust anyone nowadays. No matter how nice and loving you are to people, there will really be that someone who seems to be an epitome of jealousy, betrayal, and â€œfakenessâ€• ; a person who is smiling at you when you are in front of them but is stabbing you when you turn your back. Today, spotting a fake friend is no longer a surprise because they are everywhere. However, we sometimes become quite attached and happy talking with a certain person that we are becoming blind of the signs that that person, who we thought we can trust and treat as a true friend, is actually a backbiting snake .

With a recent experience about being betrayed, not only did I learn a very valuable lesson but I also became more cautious in choosing who to befriend. Spotting a fake friend is not actually hard. The signs since the beginning of the â€œfriendshipâ€• is already clear if we will only become more open-minded.

She is nice at people in front of them but says a lot of things behind those peopleâ€™s back. That is actually already a red flag which means that she can do the same thingâ€“or maybe already doing itâ€“to you. If she is good at smiling in front of the people who she rant about, then she is obviously two-faced. She is a professional backbiter if she is even hanging out with those people like she

has no issues with them.

She talks about spreading a gossip about a certain person if things do not go well. Chances are, she is really capable of doing so.

She actually gossips. Do I need to say more? If that person keeps on telling you, "Do not tell anyone that I told you" each time she tells you a story or she shares things with you about a person which is contrary to what you see on and know about that person, you should know better.

She shares confidential matters. It may be flattering to think that she trust you enough to share confidential matters with you but there are things which she should not share with you anymore especially if it is other people's secret/s. Not because we are friends with someone does mean we are obliged to share each and every secret we know. We should also learn to respect other people's privacy and know what we can and cannot share.

She looks at people from head to toe. And you caught her doing the same thing to you.

She have shallow opinions about things. She have a tendency of being narrow-minded and cannot look at and understand things logically or beyond her perspective.

She often tells you that she is jealous of you. May it be with your physical appearance, your relationships or your lifestyle, when she tells you that she is jealous, that can become a reason or one of the reasons for her to betray you. Yes, there are people who will be jealous in a good way enough to be inspired on becoming better, but there are also people who are jealous in a bad way enough to cause harm.

Sometimes we do not think that our friend can betray us but we will never know. We will never know when we will be betrayed. However, do not be paranoid but do not be too comfortable as well. Do not trust too much, do not be attached, and be cautious.

Sometimes a person's true color can be revealed when you face a misunderstanding. No one person in this world is perfect thus at some point in our lives we decide stupidly, act silly, overreact, and hurt people around us unintentionally. While mistakes cannot be undone, we can be forgiven if we admit our mistake and apologize. Yet, not all people can understand and forgive us no matter how we apologize. There are people who will only look at their side of the story and will overlook our explanation. Suddenly all the good things that we have done for that person will be forgotten and the one mistake that we have done will be emphasized and taken against us.

It is normal to be irritated or angry when we face misunderstanding with a friend. Of course we still have certain emotional limitations.



But if we already admitted our mistake, explained and apologized and yet we are answered with sarcasm, our explanation is not heard, all the blames are thrown at us even when the mistake is not solely ours or rumor/s about us is/are being circulated and that rumor came from that person who we thought was our friend, then that person is definitely a fake one because a true friend will still embrace you and would not say anything about you regardless of what the issue has/have been.

Title: Rana Nazir- A Change Maker National Diversity Awards 2016

Link: <https://mytrendingstories.com/maha-khan/rana-nazir--a-change-maker-national-diversity-awards-2016>

Content: I

Title: Ferguson's Voice

Link: <https://mytrendingstories.com/k.-j.-cordova/ferguson's-voice>

Content: A few months ago I was given the amazing opportunity to teach art in an after school program for a few weeks with students in Ferguson, MO. I grew up in the St. Louis area, but I had never been through Ferguson. Like many, many others, the only idea I had of the area was from the news, but I didn't want to trust those. I have learned over time that things are often much different than what we see in the media. And wow was it different. I had the most wonderful time in my life there, and it was definitely the best place I have ever worked. I doubt I will ever love a job as much as I did that one. I learned so much, first hand from the people of Ferguson, and I wanted to relay that here.

Since there is a lot of racial discussion here, simply for the sake of context, I want to say that I am white. I can't speak for both sides of the racial divide that still exists, and of course I have no idea what it is like to live on the other side of it; however, this is what I learned from the people that I spoke with, fellow teachers, and the students themselves.

Driving to Ferguson for the first time, I didn't know what to expect. So, I simply left my mind blank to be surprised when I got there. I had done my interview and on boarding in Old North St. Louis. Anyone who had grown up in that area like I had, knew that Old North was an area that most people never visited, even accidentally. Filled with condemned buildings, broken glass, and generally the more dangerous part of the city, people would avoid it, even if it added 20 plus minutes to their drive. I, however, went in and out of it for work purposes, and believe it or not, it became pretty normal after the first two or so trips. I was never harassed, never "attacked". It was just like going to work anywhere else.

My first drive down the area known as "Historical Downtown Ferguson" was amazing. The streets were very small, barely able to fit the 4 lanes, but the old buildings and parks were beautiful. Ferguson was nothing like Old North. Just like any town, they had small shops, gas stations, schools, and even a brewery. Over on the left before the CVS was a caboose, a symbol that the town used to be a stop for the railways. People were walking around, smiling and having a good time. The only remnants of the scars you could see on the town were paintings on the electrical boxes with white doves, rainbows, and hearts asking for peace in their town.

When I arrived at the school, I was awe struck. It was like something out of a painting. The school was built about 100 years ago in all brick, surrounded by large trees and geese who would waddle over from the small park just next door to the school.

My first full day there, I was a bit overwhelmed, as the students were very hyper and hard to keep in their seats. It was my first time teaching that age range. For the first part of the day, the other teachers and I watched the students in the cafeteria as they worked on their homework. One of the teachers meandered over to me and asked, "So, you know what's going on in St. Louis right?" It is important to note here that there were a total of about 150 students and teachers in that room and only 3 of us were white. I smiled politely and informed her that I grew up in the area, to which she added, "Ok good. So you know."

For those of you who aren't from the city, can you guess what she was referring to? It's not as simple as "racism" or "police brutality". If those things were truly and honestly the reasons for this question, it would be easier to fix than it is. What she is referring to, the thing that is going on in St. Louis (and many places around our country) is a feeling. This feeling is something I thought I understood before, but now, is something that has changed my heart and my thoughts when I look at the situation of our society. The only way I know how to explain this feeling is in events from my trip:

During my orientation, I was led to the computer room of one of the program buildings to fill out some information. As I walked out, on the wall of the student's eating area, I saw 2 murals that you could tell the students painted themselves. They were of Trayvon Martin and Michael Brown. Now, these were not images painted by extreme activists to make a point to the world. These were indoors, just for them, painted by kids who were around the same age as the kids on the wall. How many of you went to a school where students you knew, or who your friends knew, were shot to death? My heart sank a little. And let me note, that my husband is an ex-cop. Again this isn't about what you might think it is, so stay with me, reader.

The next time I was touched, I was talking to the students when a teacher chimed in and really helped me understand the students better. I was teaching the class about the importance of literature as an outlet for expressing your situation to larger groups of people who might not understand where the writer is coming from. The other teacher got excited, and announced that she was

currently reading *The Invisible Man* by Ralph Ellison. Most people think the book is about a literal invisible man where all you can see is his clothes, and his body is completely see-through. She told the class that it is really about a man who feels invisible and is treated like he is by other people because he is black. While the book was written in the 1950's, the kids immediately started commenting on how they didn't feel heard either. They claimed that people outside of Ferguson didn't really understand them, and that Black Americans like themselves, didn't feel like they had a voice. It made me even more proud to be there teaching them art, and watching them find their voice in the paintings, writing, and dancing we did. But on the other hand, it also made me sad, because I knew they were right.

So many people think racism isn't here anymore, but I got to see it in the form of this "feeling" firsthand while I was working there. I saw why their voices really weren't being heard. Now, most people know that there is still blatant racism. One of my friends was called a "coon" at a gas station in a predominantly white area just 2 years ago. But once again, reader, I am not speaking as literally here. I am speaking of the "feeling".

I was talking to a group of Army guys while I was visiting because I had a few career questions. I had grown up in a military family and now I am married to a military man, so most people I talk to on a daily basis are military in some form or another. I happily told them I was working over in Ferguson, which to me was amazing. I really loved my job there. The two Army guys, who yes, were both white, were taken back. "Ferguson? You mean, like on the news?" He couldn't believe I would go over there. How could my students possibly feel like they were being heard when, because of an event from 2 years ago, they were crossed off the list as bad. No one would even glance in that direction, let alone listen to what they had to say.

My final days were really sad. The teachers wanted me to stay, claiming the students really needed the art, and they could tell they were enjoying my class. They understood why I had to go, though. I had other obligations to my family. Even a few of the students tried to convince me to stay. As much as I wanted to, I had to go. But, before I left, I had one more thing I wanted to do. I took my mother, who had previously been very uncomfortable with Ferguson like so many others, and I showed her the building where I worked, the town, and then took her out to eat at the brewery I had been eyeing for the past few weeks. The food and beer was delicious. We had a great time, and she left with a changed mind.

Ferguson is a part of me now. I love the town and the people there. I can see our country's issues more clearly now. It isn't as cut and dry as it looks. The problem is abstract. The problem is this horrible feeling that we all have, that the other side isn't like us and that in order to be heard by them we have to shout.

Here is my suggestion: go to the places no one wants to go. Take A job there or simply have lunch there. Talk to the people, go shop in that district. I can promise you, it isn't what you think it is. The problem isn't just in the system. The problem is within each of us. It is that little feeling in your heart that you shouldn't go there, you shouldn't talk to the people on the other side, because they don't understand or because what you have been told by others must be how it is so you better not try it.

Go there. Speak. Listen. Unite.

Title: Ten Years and Counting

Link: <https://mytrendingstories.com/maria-clara/ten-years-and-counting>

Content: Happy 10 years to me! I have been blogging since 2006 and I have transitioned from being a giddy follower-addict blogger to a pay per post blogger, to a blogger on payroll and well, a blogger who writes whatever whichever!

As a blogger on payroll, it became extremely hard for me to keep up because you only get to blog things that are related to very limited stuff like travel if you're paid by a travel agency, fashion if you're paid by a fashion store, OR food if you're employed by a restaurant chain. Pay per post is the same, it's hard when you're supposed to post pre-made write ups with very minor modifications allowed.

Where have all my objective reviews gone?! Pooof! Along with my integrity.

So I decided to write for me.

In my 10 years of blogging, all I can say is don't care much about the no. of followers, WRITE FROM THE HEART THAT'S ALL THAT MATTERS. Some people read your posts, some do not; regardless if you're on their reader. Some do not have time to be all O/C about their blogrolls but they do read your writings. Some don't even know that they have to click the follow button, some don't even know where it is; and yet they read your posts! The important thing is you write what inspires you to write regardless of your mood. We don't need to apologise for not posting because blogging isn't an obligation. It is a part of you that you share to others to certain extent. Don't require yourself to post for the heck of it because you'd end up like me, deleting millions of crap because I have imported tons of nonsense from my old handle.

NOT ALL LIKERS ACTUALLY LIKE YOUR POSTS. DON'T FEEL BAD IF YOU DON'T HAVE LIKES. WHEN FEELING DOWN BECAUSE OF MINIMAL LIKES, ALWAYS ASK YOURSELF, WHY DO YOU WRITE?

Lastly, don't treat your readers as fans. They read your posts and they really take time to understand them. Building a community isn't about receiving comments and likes, it's about communicating and talking about what's been written and your thoughts about it! Treating your readers as fans would make them feel small. They'd eventually disappear.

I am happy I reached 10 years! God is good!

(This post was originally posted in [genesis1st.com](https://www.genesis1st.com) on 24 July 2016)

Title: How to Maintain a Healthy Lifestyle While on a Budget

Link: <https://mytrendingstories.com/lynn-joesph/how-to-maintain-a-healthy-lifestyle-while-on-a-budget>

Content: A budget diet involves keeping tabs on what expenses around lifestyle and fitness can be trimmed down without having a negative impact on your health. If you face serious difficulties remaining healthy, you can anticipate that it will be less demanding when you tie up budgeting with staying healthy. As such, it won't be wrong to say that keeping fit would be one of the advantages of a budget diet.

Fundamentally, you have to stick to what you purchase to remain under your budget. In doing so, you will be compelled to like what you have as your nourishment. As a general rule, a budget eating regimen comprises of reasonable yet sound and nutritious nourishments.

It is challenging to have a healthy way of life. This is normal when you are in an urban city and are surrounded by the tempting aromas of junk food all around you. Nonetheless, being on a strict eating routine because of money related battles can actually score you two levels of advantages

It keeps you healthy as you tend to avoid outside foods.

It saves you money when you stop spending on street-side junk foods

Issues with higher disposable income

Most of us lose our wellbeing in view of the food we eat. The issue with being financially stable is an undesirable eating routine. It is evident that these individuals can purchase anything they need. To put it plainly, they don't stay with a decent diet. This very soon,

spirals to a point of no return. The outcome – a sedentary lifestyle combined with unhealthy eating habits will invite ailments and chronic conditions.

Budget weight control plans ensure you stay with them for a longer time. Regardless of the amount you might want to eat different nutrition, your accounts confine you on a couple of decisions. The vast majority of these alternatives are gone for keeping your body healthy. Keeping up a healthy body ought to be one of our objectives throughout everyday life.

What ways can one be healthy without breaking the bank?

Here are a few ways on how to be stay in shape while on a budget:

Plan your dinners:

If you know you just have a restricted measure of cash to spend on staple goods for the week, outline what you will eat. Make a list of the food you need, and also how much cash each cost. Knowing precisely what your suppers will be for the week will enable you to spend less cash on food.

Skip the gym and go for a run out in nature:

Instead of actually running set up on a treadmill, escape the house and run, discover a trail and go for a climb or simply go for a long walk . These things are free and help prompt a more advantageous life. Many people loathe running. It's exhausting, it's hard, and might make you nauseous. However after trying for a few days you find it to be one of the best exercises discovered.

Music helps as well! Occupy yourself with a decent exercise playlist, or even free podcasts. Running with a companion can also help. We are likely to adhere to an exercise routine in the event that we have a pal there accompanying us. Additionally, it's far less expensive than a fitness coach.

Eat more soup:

Soup isn't just a great dish when you are feeling sick. It is additionally useful for your pockets too! Soup is high in volume and low in

calories and value, so having soup for supper will top you off quick while likewise sparing you cash. Give a shot to low-fat soup to enable you to feel full quicker.

Inculcate better habits in your everyday schedule:

Being healthy isn't just about disposing of negative behavior patterns. It's also about replacing them with new healthier ones. The main way the new, great habits will stick is by repetition. Routine is vital to the successful inculcation of new habits.

Consider it like making a budget; just as opposed to arranging your spending for the week, you're mapping out what you're eating every day and when you'll be working out. Furthermore, much the same as you would adhere to your budget, adhere to that arrangement. Have rewards for yourself toward the finish of every week on the off chance that you did well.

Quit smoking:

Smoking is probably one of the most expensive bad habits along with drinking. Every year people spend a lot of money on cigarettes which leaves them with less money to spend on healthier things. In such cases, E-Cigs helps to overcome the smoking habit while still allowing you to save quite a bit.

To conclude

It is clear that the balance between optimizing expenditure and correct eating routine will help you lead a healthy lifestyle while on a budget. You can employ these healthy ways to keep your lifestyle on a budget.

Try not to surrender on the off chance that you miss a day! Everybody has a bad day sometimes, and it's challenging to stay afloat with these healthy lifestyle habits on such days. All we can say is - Stay resilient, continue trying, and don't surrender.Â

Title: Improve Your Website Performance with Quality SEO Packages in Phoenix

Link: <https://mytrendingstories.com/zoe-sewell/improve-your-website-performance-with-quality-seo-packages-in-phoenix>

Content: You might have come across marketers and business owners talking about the importance of SEO packages in digital marketing and their role in businesses and thought to yourself,

•What does SEO really even mean?•

Before we move on to understanding SEO, let's first understand how search engine ranking works.

Search engines, such as Google, crawl your website and scan the design and content to determine the topic your website covers and to what extent it can be regarded as being user-friendly.

In this way, search engines provide the most appropriate and useful results against a search query by a user.

SEO or Search Engine Optimization refers to the practice of optimizing your website to improve the quality and quantity of traffic to obtain unpaid or organic traffic from the search engine result page. It is a digital marketing strategy that includes certain tactics and techniques that will boost your ranking in search results.

•By improving the SEO, your business is working to make it easier for search engines to understand and index your content. The better your website looks to search engines, the more likely it is that they will recommend your website or post to relevant search engine users when they look for keywords that are relevant to your product or service offering.•

An SEO service expert utilizes the tactics of SEO in order to increase the number of visitors to your website by securing high placements in search result pages. Offerings of an SEO service provider include:

Keyword/keyphrase research and optimization

SEO audits

Page optimization

Sitemap optimization

Additionally, they perform other actions that are appropriate for your website and business requirements. Very often, an SEO service provider assembles SEO tasks and services into bundled SEO packages to offer improved services.

SEO facilitates you to connect with consumers by boosting your website performance in search result rankings. With the alteration and addition of certain features to your website, SEO can effectively help you secure your position on top of search results against a consumer's online query, thus driving conversions.

Three Major Processes of SEO in Phoenix

Website Optimization



As users decide in scant seconds whether to stay put on your website or seek other options, a well-represented web design is requisite to win visitors at first glance. With the help of website optimization, you will be able to provide a more engaging user experience with your digital platform. These tactics include Meta description, long-tail keywords, long-form content, and other relevant aspects that ensure conversion of visitors into potential buyers.

### Content Marketing

Content is the best way to grab the attention of the users, educate them regarding your offerings, and motivate them to become active buyers. Content marketing helps you rank better as it contains SEO friendly content, which helps boost your website's interactivity, accessibility, and ROI (Return on Investment).

### Link Acquisition

Linking is a reciprocal tactic that helps you escalate traffic and searchability. Link acquisition refers to the art of creating links to other websites, with the website owner's permission. Along with search performance, this is one of the best tactics that allows you to "increase the authority" of your website.

“With the right links, you can connect users with valuable content and insights, while confirming your site's quality in the eyes of search engines.”

No matter how well-represented your website is and how incredible the quality of your content is, if it's not relevant and is unable to fulfill basic criteria regarding SEO, your business is going to remain stagnant and non-progressive. Only a well-optimized page fulfilling mandatory criteria of search optimization helps you gain online visibility.

### Wrapping Up

Generally, SEO includes the strategies that will make requisite changes to your website design as well as its content to facilitate it to appear in top results of a search engine. Through search engine based optimization of your website, you can increase visibility of your website with respect to organic search engine results.

It's a well-known fact that a majority of the internet users do not scroll beyond the first page of a search result. In fact, they prefer the top three or four results to seek the answers to their query. In this context, your business website needs to rank among the top tier of the search result pages. Hence, page one is the target destination for a website. This can be achieved with the help of Phoenix SEO. If you are facing difficulties while attracting new visitors or are worried about your website's performance in search results, you need to look for factors that could help improve its ranking. Simply making a well-designed and user-friendly website containing loads

of quality content won't help unless your website is search engine optimized.

Title: Do You Need More Physical Activity?

Link: <https://mytrendingstories.com/joan-e.-wilder/do-you-need-more-physical-activity?>

Content: See where you fit in... See below for examples of the recommended amount.

Less than half of all adults get the recommended amount of physical activity. Read this to see what the guidelines are and where you fit in.

Adults need at least 2 and 1/2 hours (150 minutes) a week of aerobic physical activity. This should be at a moderate level, such as a fast-paced walk for no less than 10 minutes at a time.

Inactive adults have higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers.

Regular physical activity helps people get and keep a healthy weight.

Myth : I have to do 30 minutes at a time to make any improvements.

Fact : 10 minutes at a time is fine.

We know 150 minutes each week sounds like a lot of time, but it's really not. That's just 2 hours and 30 minutes, about the same amount of time you might spend watching a movie.

The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day.

It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

How can you get the physical activity you need?

You'll be surprised by the variety of activities you have to choose from. To meet the guidelines for aerobic activity, basically anything counts, as long as it's done at a moderate- or vigorous-intensity for at least 10 minutes at a time.

Example 1: Moderate Intensity Activity and Muscle Strengthening Activity

Total: 150 minutes moderate-intensity aerobic activity

+ 2 days muscle-strengthening activity

Total: 75 minutes vigorous-intensity aerobic activity

+ 2 days muscle-strengthening activity

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Total: The equivalent of 150 minutes of moderate-intensity aerobic activity

+ 2 days muscle-strengthening activity

#### When to Check With Your Doctor

Doing activity that require moderate effort is safe for most people. But if you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms be sure to talk with your doctor about the types and amounts of physical activity that are right for you.

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Image courtesy photos-public-domain.com

Title: How to Pick Your Perfect Cannabis Seed

Link: <https://mytrendingstories.com/5-jaw-dropping-tips-for--guest-posting-success/how-to-pick-your-perfect-cannabis-seed>

Content: When it pertains to collecting, one of one of the most interesting points you can select to collect are Cannabis seeds. These questionable little beans are one of one of the most genetically engineered natural items available, most likely just a little behind roses. The amazing characteristics together with the large number of various strains of seed offered make them among the most fascinating as well as most overwhelming collections to begin.

Among the pursuits some enthusiasts carry out is to try and also find their best Cannabis seed. Every various strain holds a various collection of characteristics which will incorporate to provide you with the ideal seed that matches your preference. Right here is what to look for...

## THC

THC stands for 'Tetrahydrocannabinol'. This is the main psychedelic part found in a totally grown Cannabis plant and also when you try to find seeds you will see the THC portion noted. While your seeds will not have any actual THC, every stress has actually been made to dependably create a plant that will certainly have this degree of THC. If you are fortunate sufficient to stay in a country where growing Cannabis is legal you will certainly have the ability to examine it out. If you are not, you will need to use your ideal seed having the prospective to create certain degrees of THC.

## Yield

One more point you could like to understand about your cannabis seed is how much Cannabis it can make if it were lawful to grow it. Return is typically gauged in grams as well as is exercised by the average yield located by the dog breeder. If you such as to recognize your seed could generate a high return this is a quality you might such as to check out.

## Strain

Picking a strain is not almost the crucial stats though. You discover rather comparable THC and also return levels on different cannabis seeds so you require to pick a pressure you like. A great way to do this is to look at ones that have won genuine awards for quality. One of the most respected of which is absolutely the High Times Cannabis Cup. Annually they evaluate what seed bank and also what individual cannabis seed is the very best of the year. Feminized seeds are most likely the most a must currently.

Title: Hello, my name is Sarah and I am a wife of an addict

Link: <https://mytrendingstories.com/mabry--living-/hello,-my-name-is-sarah-and-i-am-a-wife-of-an-addict>

Content: My intention for creating [www.MabryLiving.com](http://www.MabryLiving.com) was to have an outlet to let my voice be heard and to share my views and

experience through our family's journey. I want to be truthful, raw, hopeful, and inspiring through my writing. I find writing to be very therapeutic in my healing process and that is why I do what I do. Releasing my truth frees me and my hope is that it may touch someone else in a similar situation.

With that being said, our family has been attacked again by the terrible monster, ADDICTION. I truly despise this disease. Â Just when I feel like I am getting to a point that my heart is starting to mend, addiction swoops into our home like a seagull, sh#\*s everywhere, steals my husband and my trust, leaving me to clean up all the mess. I am no doctor, but I believe addiction to be a spiritual related disease. To me, the Devil sees that our family is thriving, healing, mending, loving, and living a God focused life. Â Nothing fuels the Devil's fire more than seeing a family overcoming obstacles, never giving up, and growing stronger as a family unit. Boy, does this just piss him off! When our inner lights shine brighter every new day with God's love, the Devil must shrivel up and throw a tantrum. Yet, somehow, someway, he still finds an entrance into our home and attacks with all of his power. What he isn't catching on toÂ is that every time he tries to destroy our lives, it only makes me strong in my faith and a tougher warrior. Â Hanging right in my closet is my armor of God. Â It's not the most stylish look, but I am going to rock it every day and make it the new fashion trend...just you wait and see!

Yesterday, the Devil swung the door open into our lives and made his grand entrance.Â The 'door' had been ajar for a few days and I tried to slam it shut but addiction was serving as the door stopper, blocking me from turning the lock and dead bolting the door. However, just because the Devil is present in our home does NOT mean that he won the war! I will continue to fight this battle without ceasing with the help of God's angel army and a whole lot of prayer warriors. Â Luckily, I also have my boys' Spiderman boxing gloves, Dollar Tree nunchucks, Nerf Guns, and plastic brass knuckles to use if needed!

All of this sucks, I just hate it! Addiction has stolen so much from me in the past and I refuseÂ to let it rob me of anything else in my life. I am making the choice today to seek joy, trust God, reach out for help from friends and professionals, and do my best to continue moving forward in life with my head held high.Â I am going to try...keyword TRY...to not let the fear of the future consume me. Â Living one day at a time will allow me stay present in this chapter of my life's story. Â Why should I fear of how my story will end when I am not even there yet (please remind me of this on the hard days, friends and family)? Â God is the author and he already

knows how my storybook ends and I have comfort knowingÂ he will be walking along side me through every life chapter.

Am I scare? Yes

Am I sad? Yes

Am I angry? Yes

Am I hopeful? Yes

Do I still love John (my husband)? Yes, with all of my heart.

Do I think God can use this situation for his good? ABSOLUTELY!

This morning I contemplated if I should stop Mabry Living all together, drop out of my upcoming craft show, and not redo my family room (which I am in the middle of redecorating and something that makes me very happy). Â It only took a second before I heard my soul screaming, "NO! Â YOU MUST KEEP GOING! Continue LIVING, LAUGHING, and LOVING." So, here I am this afternoon sharing a post I prayed I would never ever have to write.

To all the prayer warriors out there, please lift our family up in your prayers. Â Thank you!

Read more intriguing posts at [www.MabryLiving.com](http://www.MabryLiving.com)

[CLICK HERE](#) for our YouTube Channel

Title: Writing about the Kardashians Makes Me Sick

Link: <https://mytrendingstories.com/ed-anderson/writing-about-the-kardashians-makes-me-sick>

Content: For 6 years I have been writing about celebrity gossip. Growing up it was one of the things that I wanted to do, that actually seemed feasible. Apparently being a lawyer/doctor/actor just seemed too out there for my parents. Writer was an iffy one for them too but eventually I proved them wrong. For a long time after I started my blog, I avoided writing about the Kardashians. I would write about soap actors, Lindsay Lohan. Then one day, I realized if I wanted to get more people to read my stuff, I would have to write about the black stain on pop culture. After my first Kardashian post was published, I went from a few hundred pageviews every day to literally thousands. It made me sick to think that I was a sell out, but I was and am.Â

Over the years, I started focusing on other projects. My fiction portfolio got a big boost from the free time I had. Slowly though, I started to go back to my gossip passion. It was fun, when I woke up in the morning there was a smile plastered on my face. Then I realized that the number of people who were reading the blog had dwindled. For a while I chalked it up to the fact that I hadn't been

writing for a while and my fans weren't expecting any new posts from me. After about a month though, I knew what the problem was. There hadn't been a post about the Kardashians and the thought about writing one made my skin crawl.Â

As it happened though, I had read about Bruce Jenner finally revealing that he was transgender. As someone who is part of the LGBT community, I was proud of her. It was also enough to get me to write about the family without feeling like taking a hot shower, and sitting with my knees to my chest, rocking back and forth. That post literally rocketed out of the stratosphere and in a matter of days became the most read post of 2014. It was a miracle, no icky feeling and my blog was alive and kicking.Â

Early in 2015 though, the dirty feeling started coming back. More and more I was chasing the dragon. The mythical article that would set me apart and bring me great success. That one story that I could follow and move from celebrity gossip blogger to celebrity gossip magazine writer. Each and every time though, I was told the same thing, we want someone to write about the Kardashians. Once in a while was bad enough but to do it over and over again, full time was too much.Â

Once again I went back to blogging. Not hardcore, one post a day but it was a start for me. My stats steadily rose and I thought well OK, I don't have to write about that family. Then I did. It was a story that truly intrigued me, like the Caitlyn Jenner story. Except this one was a throwback to the soap operas that I used to love growing up. A rumor was swirling around that Blac Chyna had cheated on Rob Kardashian and the baby she is carrying was not his. The post took me no time to write and I enjoyed myself. And the funny thing is that, once again the pageviews were as high as Caitlyn's coming out story. There is still a part of me that is ashamed that I choose to write it though. Almost like I'm a sell out.Â

Title: Eating Disorders: The Darkest Sorrow

Link: <https://mytrendingstories.com/angeline-hangeline/eating-disorders:-the-darkest-sorrow>

Content: Eating Disorders have been developing at an exponential rate in our society. These disorders come with a range of sorrows, from very private to very public displays of a struggling victim. Overlooked by many, unless truly analyzed, are the secret, hidden sorrows that aren't discussed in health classes or late-night talks with those who care about you.

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Public struggles are often made worse by the applause given to a seemingly healthy, motivated individual. Rapid weight loss is seen as determination and dedication. A slim figure is given praise by all who see it. When a victim orders a salad instead of the burger that he or she craves, it often brings about smiles and congratulatory pats on the back for making a "healthy" choice. The sorrow in

this is the victim receiving applause for an unhappy, unhealthy lifestyle that they lack control of, unbeknownst to those around them.

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To the sufferer, that rapid weight loss has cost them their energy, happiness, and most obviously their health. Their slim figure that the public is applauding is still seen as overweight and in need of a slim-down. Ordering a healthy salad instead of a grease-ball burger is not an accomplishment when they haven't had a burger in three years out of fear.

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For me, a public struggle that I faced was my obvious love for running. Around almost every corner, I was applauded for being one of the quickest women on the track. I loved how people would come to me and request I help them run faster. It motivated me to keep training and keep improving my times. What these people didn't know is that I started running to lose weight, and couldn't stop because if I did, I would gain it back. I was running over five miles a day out of happiness and fear, a confusing and frustrating combination that locked me into a stressful and anxiety-ridden battle against my own mind.

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The private struggles are the weigh-ins, the skipped meals, the regimens and rituals that a victim subjects themselves to. It's circling all the parts of one's body that jiggle when you walk. These struggles include throwing up those two bites of chicken because you taste some grease and people cannot, I repeat, cannot consume that and still look good. It includes being afraid to shop for new pants because if you're a size four, you shouldn't eat tomorrow, or the next day, or the next. It's being afraid to eat your own birthday cake.

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My personal struggles included weigh-ins over twenty times daily. Once before and after every meal, before and after going to the bathroom, clothes on, clothes off, shoes on, shoes off, after I woke up, before I went to sleep, the list goes on. I couldn't eat processed foods, and I developed many fear foods. It took me years to eat a slice of pie. I didn't have pizza. I couldn't even think about touching a calzone. I memorized the fat, calorie content, and sugars in almost every food I know. I would make loads of different dishes because food was all I could think about, but it would just sit in the fridge.

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Through all these struggles, I had a friend. My husband would hold me as I cried at night after eating one too many bites of take-out. He would watch me scrutinize a cupcake and wipe off some of the frosting. He watched as I spit food out and threw it away instead of



consumed it. He witnessed me criticizing myself in the mirror and bursting into tears at what I saw. He was there when I avoided foods that scared me, and cried because I wanted to eat them so bad but my mind would always echo, "Look, but don't touch."

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My husband has helped me overcome many of my fear foods, and has supported me when I needed it. He's held me while I cried, and talked to me about how I felt about myself. He's listened patiently and learned how best to help me cope with the little voice inside my head that constantly repeats its wishes for me to skip my next meal. This is where the final, most sorrowful piece of an eating disorder lies. It speaks to those closest to the victim, through the victim.

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My eating disorder speaks to my husband when he wants to take me out for a dinner date, but I am too afraid of the menu. Through me, it is able to convince my husband that I am too upset or scared to eat out, when in fact, I would love to.

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My eating disorder speaks to my husband when he wants to get us candy or pizza and relax for a night but I feel too large and heavy to deserve either treat. It twists the wants and desires we share into the avoidance of a date night in that we both crave.

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When my eating disorder speaks to my husband, I can see in his face the sadness and despair that it has caused me for so many years, projected onto the person I love most. True, it is a sorrow that he has to witness such a terrible mental illness torment me. The deeper, secret, hidden sorrow, however, is that I can see my eating disorder speak to and harm his happiness as well by taking away opportunities for our relationship to grow. Not only do eating disorders destroy a person's inner growth, but they destroy the growth of meaningful relationships and harm your closest friends.

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Please take a moment to help the fight against eating disorders. Get involved here:

<http://www.nationaleatingdisorders.org/get-involved>

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Think: What can we do as individuals to ensure that those around us are protected from society's seemingly pro-eating-disorder influences? Leave your opinions in the comments.

Title: Thought Paradox

Link: <https://mytrendingstories.com/abdul--rehman-talat/thought-paradox>

Content: Maybe I'm not thinking straight

or maybe just lost

Maybe I'm looking for love

or maybe just spending too much time alone

Maybe I need to believe

or maybe just don't care

Maybe I need to listen

or maybe just need to discover myself

Maybe we all are lost somewhere

or maybe I'm just falling into the madness

- Abdul Rehman Talat

Inspired by Kodakline - Big Bad World

Title: What is Realist Literature?

Link: <https://mytrendingstories.com/chermaine--sowah/what-is-realist-literature?>

Content: When I think of realistic fiction my mind thinks about scenes from books such as Thomas Hardy's *Jude The Obscure*, George Eliot's *Middlemarch* and Virginia's Woolf's *Miss Dalloway* and its use of stream of consciousness. The books mentioned above can fit into the literary concept of realism. But what exactly is realism? I understand realism as a concept used to

reflect life as it exists. It attempts to draw an accurate picture of life. However, I think that this concept is fluid for a number of reasons, because all kinds of fiction draw different things from the real world; yet, some pieces of fiction are perceived as more authentic than others. In fact, some books feel more real than others- I've had that experience when reading books from different genres and authors. I wonder if realism can almost go hand in hand with being believable.

I had a good think about the idea of real fiction and here are some of the things that came to mind.

Is realism subjective? There are elements of life that are common to everyone and I guess when novels step away from that readers notice it straight away, and as a result the work at hand becomes unrealistic-plot holes are found. But, what is real to one author/ reader might be completely different for another. I think this is because of different life experiences and opinions.

What about the author's aim? Authors have a variety of aims for their novels. Sophie Kinsella's aims are totally different from an author like Andrea Levy. They approach situations in their novels from different angles. Authors may prioritise certain aspects of life over others as a means of producing novels that readers find relatable.

Do writing styles and genres have an impact? Some writers are descriptive while others use different tools to bring life to their novels. This could be plot, characters, dialogue, theme, or location. What about thriller, horror or dystopian fiction? Do they have any links with reality at all? I think they can. It may be difficult to initially see how these genres relate to real life, but books like 1984 resonate with dictator regimes despite adhering to the dystopian genre.

So, I haven't come to a firm conclusion. However, I do like the idea of subjective realism. I think that novels are realistic in their own way. If I can truly relate to a piece of fiction and its characters it becomes more tangible to me.

Originally published on [chermaine121.wordpress.com](https://chermaine121.wordpress.com)

Photo Credit: [thecinnamonfiend.wordpress](https://thecinnamonfiend.wordpress.com) and [pixabay](https://pixabay.com).

Title: My Last First Without You Here: Dear Mom, it's my birthday today.

Link: <https://mytrendingstories.com/ashley--cutter-/my-last-first-without-you-here:-dear-mom,-it's-my-birthday-today>.

Content: The one year anniversary of your passing will be here in one short month and missing you has not gotten any easier for me. All year I've had to celebrate holidays and events without you here with me and let me tell you...it's been an extremely hard healing process and self-learning experience.

For years, I had been trying to prepare myself for your passing because I knew that your disease would eventually end up taking your life. I knew that I needed to be strong for Christina because that's just how big sister's are programmed when they're blessed with a younger sibling. I was always really good at pretending everything was okay and would put on my 'happy face' when things in our past were a nightmare, so that I could protect Chris from the anxiety, fear, and sadness that was brought to our very early teenage years.

Today is the day that you gave birth to me 26 years ago. It was the day that you gave me life and the day that I made you a mom. This is my last first without you and it just happens to be my birthday...

I'm finding it really hard pretending that everything is OK right now, and making sure that my 'happy face' doesn't look completely fake because I know that this birthday will be the beginning of a lot more to come where I'm reminded that a piece of me will be forever missing. I will no longer receive that goofy, but loving card that you would tape change in according to how old I was turning, see my phone light up first thing in the morning with it reading, "Mom Calling" and knowing that when I pick up you'd be on the other end singing me Happy Birthday, or be able to hug and kiss you while thanking you for giving me life.

Although the absence of you brings my heart tremendous pain...the reality of it brings me happiness because I know that you are no longer suffering or being held prisoner in your own body. You had a heart of gold, a personality that was genuine in every way, a smile that was radiant and highly contagious, and lastly... a mother's love that was so vibrant and pure that it was obvious that Christina and I were your entire world.

I know that you can't physically be here with me anymore and that's okay. I can feel your presence everywhere I go, which makes me believe that even when I'm feeling weak you'll remind me somehow that I'm still strong and always will be. Thank you for that gift, Mom. I love you.

~

Title: Yes, you are Special. Sorry, you're not Special.

Link: <https://mytrendingstories.com/kristy-hunt/yes,-you-are-special.--sorry,-you're-not-special>.

Content: "That which is most personal is most general." ~ Carl Rogers.

We think of ourselves as unique, special. Different.

And we are. There will never be another you.

You are one of a kind. Of all the people ever born, there will never be another the same as you.

You are also one of many.

Thousands of people share your concerns, fears, worries, problems and issues.

No, not exactly in the same way, nor do they react in the same way or make your choices or live your life.

But, they have some idea of what you are going through.

You are not alone.

You are apart of something bigger. We are all on this ship together.

We have become rather a self-focused bunch.

And, while we are all special, wonderful individuals we are still part of a team, part of something much bigger.

We can be a little narcissistic. "What's in this for me?"

There is only one planet that sustains us at this point.

And we are all on it together. Let's find some common ground.

Title: Blaze Pizza

Link: <https://mytrendingstories.com/kreative-beautii/blaze-pizza->

Content: July 3, 2016

Hello Beauties,

Happy 4th of July for all those who are beginning their celebration early. Æ My hubby-to-be treated our son and I to some delicious pizza at Æ Blaze.

What's really cool about this place is that you can build-your-own personal pizza or choose one of their signature pizzas. Either way you go, you're only dishing out \$8.45! It's kid-friendly; our two year enjoyed his pepperoni pizza, Anthony had a build-your-own pizza with spicy red sauce, Italian sausage, and spinach, and I enjoyed the Veg out signature pizza that I slightly customize to fit my veggie needs.

It was delicious!!! If you don't want to stand in line to order, order online and pick it up when it's ready.

Blaze is a great place to enjoy family, friends, and great pizza! Go ahead, pay them a visit and tell me what you think.

â™; Follow, Like, and Share â™;

zza! Go ahead, pay them a visit and tell me what you think. â™; Follow, Like, and Share â™;

Title: Humanity, can you redeem yourself?

Link: <https://mytrendingstories.com/michelle-tulik/humanity,-can-you-redeem-yourself?>

Content: I cannot trust humanity.

I try and I try

â€but I just cannot

Friends,

they are only a â€friendâ€™ due to the fact being that they want something out of you

I donâ€™t believe I have ever received the special gift of a friendship

I am the only one who must be flexible in the relationship

I am the one who must run the mile while the other person wonâ€™t move a finger

Isnâ€™t friendship all about meeting half-way?

As you can imagine, I have grown tired from running.

There was a moment in the middle of my sprint when I pondered this realityâ€

I saw I wasnâ€™t loving myself, rather putting those â€friendsâ€™ needs before my own; while in the end they never cared about one hair on my head.

I deserved betterâ€ I deserve better.

The few companions I thought were true to me; were notâ€are not.

I am angry, melancholyÂ but also numb

I have been pushed around by others

used and abused for their own pleasuresâ€

My blood used to boil and my brain would sit and listen to the riots of words occurring by the hourâ€

I no longer heed attention on this matter

I am officially done

Yet,

I still dream of true, caring people

Perhaps this is a time of lonelinessÂ and reflectingâ€

Humanityâ€

Oh, humanity please shine light

there is just too much darkness

too much gloom in this world

Redeem yourself, please.

Title: PICKY EATERS? NOT IN OUR HOUSE.

Link: <https://mytrendingstories.com/hip-teacher-mama--picky-eaters?--not-in-our-house>.

Content:

It's funny and inevitable that at most play dates we go to or parties we host, someone comments about how well/fast/much our kids eat. Â Ha ha, not surprising as my husband and I both love to eat. Â We joke (though it's true and our friends can attest to it) that during one meal, we talk about the next meal or about a place a friend has recommended. Â A lot of my texts to friends are about food and I have enough photos of my attempts at new recipes or plating techniques. Â I think this maternity leave has given me more chances (certainly more time) to practice my skills and according to my family, dinners are always awesome. Â My eldest wants to describe my food as it's presented (a la Masterchef style) and she loves to comment, "Wow, you nailed it!"

It strikes me as interesting when I read numerousÂ Facebook posts and blogs and discover many parents and their concerns about picky eaters. Â I've noticed some items my kids don't particularly enjoy (e.g. eggplant), but I'm not the type to completely not cook it because they don'tÂ enjoy it right away. Â It took them a few tries to enjoy bell peppers and now they LOVE them. Â They'll even eat them raw. Â They didn't like onions and raisinsÂ either, but again, once I explained that all food has some unique nutritional value, they eat them. Â The rule in our house is simple, "You don't have to have more, but you have to eat what's there." Â They know I try to cook healthy balanced meals so the logic of that works with them. Â However, even when they were younger, it was always the same. Â Finish your meals. Â There was no arguing or yelling at mealtimes. Â That's just how it was. Â (Mind you, the girls aren't angels and they can be stubborn and feisty, but this was just understood.)

I've also met moms who will cook a meal for them, a meal for their kids, and a meal for a baby. Â Wow, props to them. Â I did the meal for baby thing and another for us simply because the baby was starting solid foods, but there was no way I'd do a pasta for us for example, and another meal for the kids. Â There just wasn't time even as a SAHM! Â Between taking care of the baby, cleaning the house, monitoring homework, making lunches and snacks for the next day, and just everything else that popsÂ up with in life, making two different dinners everyday just wasn't part of my plan. I grew up eating whatever my parents cooked. Â If I didn't like it, I'd go hungry.

I remember a story my grandma told me. Â I was a very young child and she was babysitting me in Hong Kong. Â I was being picky and didn't want to eat my rice. Â I left it in the bowl during dinner time. Â She didn't push me, but late at night, she found me eating from the rice cooker, scooping up rice with my hands because I was starving. Â Now I don't remember that experience, but the story has been retold enough times for me to imagine myself doing it and reliving it. Â Clearly, being picky was not an option for me.

Finding picky eating interesting, IÂ found that being picky with foodÂ can also be tied to genes and some disorders such as autism, obsessive-compulsiveness, and anxiety. Â In one of my favourite books by Jodi Picoult,Â House Rules , the main character, who has autism, will only eat foods of a particular colour on a particular day (so one day is green foods). Â Early in evolution, being picky meant that you were avoiding foods that you knew would make you ill. Â Some people just have taste buds that don't reflect the taste of food the way most people will taste them. Â It's like the common Asian fruit called a durian. Some people find it very stinky and gag at the mere scent while others can't get enough of the taste and claim it's the smoothest, most delicious treat ever. Â It's just a matter of how our brains are processing the smell and taste of the exact same fruit. Â I have never tried durian, but would love to, just because.

I'm probably lucky that our kids aren't picky eaters or at least, we've tried to show them that all foods can be delicious. Â They are open to trying new cuisineÂ and that's great. Â They like a variety of foodÂ and seem to have Italian, Japanese, and Greek asÂ their favourites. The older one has taken a liking to spicy foods which is great. Â I think it's important to expose kids to different tastes when they are young so they are educated and adventurous eaters as adults. Â Most mealtimes are NOT a chore, but there are days when my middle one just can't finish off that last broccoli. Â That's when I toss out the, "If you can't eat dinner, you can't have dessert" line... WHOOOSH ! Â I've never seen broccoli move so fast.

Title: My Life as a Street Pastor



Link: <https://mytrendingstories.com/dan-morand/my-life-as-a-street-pastor>

Content: Itâ€™s around 4 or 5 am and the sun is still hiding as I wake to do my devotions, then send it out to others through my blog.

Â These devotions are sent to me daily from my long-time buddy on the east coast Â of CanadaÂ whom is in a time zone an 1 hour ahead of me. Â This is my best chance at connecting with God so I can greet the new day in a world often filled with greed, dishonesty, hurt and sorrowâ€¦a world I excitedly step into the gap for the folks at the mission where I work so I can share how Jesus fulfilled my life in ways that the world could never accomplish. Â No preaching, no judgement, just real transparency â€” my testimony.

This morning I woke up in a bedâ€¦in a clean roomâ€¦in a clean house, with a washroom to grab a shower and a kitchen that has food to have breakfast. Â I am so aware of my blessings already and I havenâ€™t even stepped out of the house yet. Â Each morning I ask God to let me see people how He sees themâ€¦without prejudice, or standards or expectations. Â I fail often but I try harder the next day.

Often, I have folks waiting to see me as soon as I hit the mission parking lot and this morning was no different. Â I listen a lot. Â I am a good listener. Â Above anything else, folks here value someone who will just listen to themâ€¦no advice, no judgement and no nothing â€” just listen. Â I am greeted by a man in his thirties that struggles with bi-polar issues. Â Lately his anxiety has been kind of ramped up as he is convinced that someone is spying on him which leads me to believe that he is either using drugs again or that his mental health issues have progressed further. Â However, he loves to talk with me because as wild as his stories can get, I will still listen to him.

No sooner than I am finished with him, a once successful man (by world standard) in his late sixties, that has been living in his car for nearly 2 years wants me to help him secure I.D. so he can begin the process of rebuilding his life. Â I drive him to a governmentÂ office to apply for I.D. and drive him back to his vehicle. Â He talks â€” I listen.

Today had already begun. Â Two hospital visitsâ€¦one of whom is days from passing, then Â off to help a family by acting as a referee between them and their son who is leaving the home because of his noncompliance due to hisÂ addiction issue, followed by supervising two 12-step groups this evening. Â I listen.

It's going to beÂ a good day!

Title: IMPORTANT THINGS TO KNOW WHILE CASHING IN A LIFE

Link: <https://mytrendingstories.com/rudds-james/important-things-to-know-while-cashing-in-a-life->

Content: THE CONCEPT OF SURRENDERING:

If you're planning on cashing in life insurance policy, then one of the most popular practices is surrendering your cash policy, which is a good choice. According to this method, you can give back your policy to your insurer company in exchange for money. In doing so, the company becomes the owner again, and you will not be required to pay the premiums thereafter. However, it's important to note that many companies let you surrender only on the completion of 3 years ownership over the policy; you can contact your life insurance provider to know the same.

THE PROS AND CONS OF SURRENDERING YOUR LIFE INSURANCE:

#### A. PROS

You will get cash on the exchange; however, it's important to note that you may not get the face value or the benefit value, but you will get the amount after a series of calculations, like the tax, etc. Since you immediately get the amount in hand, you can use it for your immediate financial needs.

On surrendering the policy, you will become eligible to purchase a policy from other companies.

#### B. CONS

Your beneficiary will not receive the death benefit on account of your death, while you tend to lose your life insurance coverage.

Since you no longer have the ownership over the policy and subsequently won't be paying any premiums, you will not be able to borrow money from the cash value of your policy.

The surrender charges will be more on account that your policy is relatively new; this means that the older your policy is, the fewer surrender charges will be levied.

The funds you receive will be taxed.

Most importantly, if you have been regularly receiving a bonus or dividend from the company, such offers will no longer be available

for you.

#### IMPORTANT THINGS TO KNOW ABOUT THE SURRENDER VALUE:

Generally, there are two ways to calculate the surrender value; the guaranteed value and the special surrender value. The former will be mentioned in your product brochure as well as the policy bond. However, in the latter, the company starts to calculate the value once you put forward the surrender request.

**Guaranteed Surrender Value:** To get this benefit, you should be the owner of the policy for a minimum of three years and should have paid the premium values throughout the years with no interruption. Generally, you will be given 30% of the total premium you have paid. However, the premium for the first year will be excluded. It's important to note that if you have obtained additional premiums like the accidental death benefit, then such benefits be excluded. Also, if you have received any bonus through the policy, then that might be excluded as well.

**Special or Cash Surrender Value:** This value is usually calculated by multiplying your total paid-up value, bonus and the surrender value factor. If you stop paying your premium amount after a span of time, you will continue to be the owner of the policy, but the assured sum of money tends to reduce accordingly. This is calculated by multiplying the sum of the original assured money with the ratio of the number of paid premiums and the number of premiums to be paid. The last element to be multiplied is the surrender value factor; the factor can be obtained on addition of your paid-up value as well as a bonus. Ideally, you can ask for these factors from your insurance provider to calculate efficiently.

#### SURRENDERING OF THE DIFFERENT TYPES OF LIFE INSURANCE POLICY:

**Surrendering of pure term plans:** Since term plans are low-cost insurance policies, the surrender benefit is usually not enabled, and thus, you will not get cash on the exchange. Ideally, for cashing in life insurance policy, you can surrender during the free look period, or you can let your policy lapse; the former means the allotted period for you right after purchasing the policy, which is usually 15 days' time where you can change your decision within that period. On returning during such a period, you will be entitled to your premium amount after the deduction of certain charges.

Surrendering of endowment and unit-linked plans: Usually, you will be expected to own the policy for three years, and your premium payment history must show that you were paying without interruption.

Surrendering of ULIPS ( Unit-Linked Insurance Plans ): If you stop paying the premium amount before the lock-in period, which is 5 years, your policy tends to lapse. After lapsing, you will get the benefit by the end of 5 years after the deduction of certain charges. It's important to note that such charges range between \$2000 and \$6000; the earlier you surrender, the higher the charge to be levied. However, if you surrender after the lock-in period, you will get back your fund value with no deduction or charge.

#### HOW TO SURRENDER YOUR LIFE INSURANCE:

You have to inform your insurance provider company regarding the surrender of your policy.

To analyze your request, you will be asked to fill a form along with the provision of such details:

Your original policy bond.

A photocopy of your bank passbook or any of your recently canceled cheque leaf; this is because most insurance provider companies prefer facilitating payments through a bank and thus, your latest details are required.

You need to carry both the original as well as a photocopy of your identity proof and address proof. On analyzing the same, the original copy will be returned to you.

On completion of the above-mentioned steps, your request will be processed within 10 days. If you qualify for the same, your policy will be taken back by the company on providing cash.

#### CONCLUSION:

Since there are numerous types of policies, subsequently, there are numerous benefits that are conferred on returning the same as well. Ideally, you can choose the type of policy with more surrender benefits and fewer deduction charges; this will help you insure as well as retract with more ease.

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Title: Candlelight Dinner for One? Yes, please.

Link: <https://mytrendingstories.com/eve---crabapple/candlelight-dinner-for-one?-yes,-please>.

Content: Originally posted on my blog at: [evecrabapple.com](http://evecrabapple.com)

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I eat dinner alone most of the time.

Not because I'm single or friendless, but because while my husband is content with chowing down in front of the T.V. while nestling on the couch, I absolutely insist on eating dinner at a table that is fully set with plates, silverware, cloth napkins and candlelight.

I can understand that most people, including my husband, might find this ritual out-dated, unnecessary and tiresome. After all, after a long day's work in this society's hustle and bustle, what can be more comfortable and relaxing than eating some food and zoning out in front of a screen? The promise of a comfy and cozy body and stomach and easy entertainment can be too much for some people to give up.

I have my grandmother to thank for my peculiar dinner habits. She was Austrian. By that I mean that she was born in Austria and came through Ellis Island with her mother and younger sister on a boat that left from Germany. I spent a lot of time with her during my formative years and I remember her as being one of the most elegant and sophisticated women I ever had the privilege of knowing. She had such class and a sense of decorum about everything that she did and she is the reason why I dine the way I do. Without fail, for every meal she would have me help her set the table while she put the finishing touches on a delicious and nutritious meal. This included all of silverware (all of it!), cloth napkins, place mats, dishes and flowers for breakfast and lunch but a candle for dinner.

When I was a young child and helping her with this, it seemed like such a chore. Now that I am older and she is no longer with us, I remember her whenever I complete my evening ritual. I find that I also eat better and slower than my husband and I don't think this is a coincidence. I know that there are many people that promote this "slow food" lifestyle, and I'm glad to have been exposed to it from a young age by my grandmother.

It is truly amazing how the simple and shared act of preparing a dinner table can have such lifelong effects on someone. I hope that one day if I have any children, that they'll take after me and learn to acquire this ritual.

What rituals do you have that are important to you?

Title: Are We Obligated to Feel Happy All the Time?

Link: <https://mytrendingstories.com/division-claudia/are-we-obligated-to-feel-happy-all-the-time?>

Content: Let's get real here. We all want to be "happy", living our dream lives with our dream job, dream partner blah blah. And that's what society tells us to want.Â "A perfect life - is a happy life" but to which extent?

I feel like "happiness" is overrated in general, not saying that you should feel like crap all the time tho, but.. We are all chasing this state of true happiness, the kind we feel when receiving a gift we wanted for so long for example. But while we are waiting for this state to arrive, when we have finished school, have moved to this city,...

We can loose ourselves in these thoughts and forget that our life goes on.

The following has been said many times before, but are we really taking this life advice into practice?

"Live right now, the past is gone and the future is yet to come."

The thing is that we are creating the future based on our present, so by living in the moment, day by day, we can create a future according to our beliefs and values.

Another thing is that happiness is a feeling with a short life, by definition happiness is a state of pure joy and excitement, but it's the top of the iceberg. Rather than chasing happiness, we should look for satisfaction.

Where is there the difference you ask?

Well, satisfaction describes a state of being, where you are calm and simply satisfied with your life, where there are still problems to handle.

Because there is not a "perfect life" where all your problems are gone and there is no improvement at all. There is no "end line".

But why should we go for satisfaction?

Simply because it is a long lasting positive feeling. We are satisfied with our lives, even if it has it's flaws. We don't chase happiness, where everything is perfect and beautiful.

We still experience it, but don't run after it.

Claudia xx

Originally shared on: [divisionclaudia.wordpress.com](https://divisionclaudia.wordpress.com)

Title: The Judgement of Women

Link: <https://mytrendingstories.com/ciara--hall-/the-judgement-of-women>

Content: There is no one right way to be a woman.

There are some women in this world who cannot imagine anything more rewarding than motherhood. Women whose happy ending involves that devoted husband, that stable home, that white picket fence. Women who would prefer to stay at home and take care of their kids than go out and work. Women who identify with the terms “wife and mother”, “stay-at-home mom”, and “housewife”, without any qualms or objections.

And then there are women in this world who don’t want any of that. Women who never really saw themselves as mothers, never really wanted any of that. Women who could not imagine anything more rewarding than their career. Women who never felt the need to attach themselves to a single partner for their entire lives, who were perfectly content with their own love for themselves and their passions.

And then there are women in this world who fell somewhere in between these two spectrums. Women who want both the career and the family. Women who want the children, but not the husband. Women who knew that the white picket fence was never an option for them, but worked their ass off all their life to get as close to it as possible.

All of these women, every single one of them, are valid.

There are some women in this world who enjoy wearing make-up, and dresses, and high heels. There are some women in this world who enjoy going fresh-faced, wearing oversized sweaters or yoga pants. All of these women are valid.

There are some women in this world who enjoy going out to party every single weekend. There are some women in this world who would honestly rather die, and spend their free time with a book, a cat, and some hot cocoa. All of these women are valid.

There are women who wear mini skirts, women who wear hijabs, women who kiss boys, women who kiss girls, women who kiss everybody, women who play video games, women who do make-up tutorials online, women who sing, dance, play baseball, tell jokes, get tattooed, get pierced, shave their armpits, don’t shave their armpits, shave their head, grow their hair long, do every goddamn thing that this world has to offer, and Jesus Christ “can I stop now?”

My point is, there are a lot of different kinds of women out there. And all of these different kinds of women enjoy different things. And. All. Of. These. Women. Are. Valid.

Why am I saying this?

Because we as a society have this tendency to get really, really judgemental when it comes to the behaviour of other people “particularly, it seems, with women. And we all have our own reasons for doing so.

I’ve heard this judgement presented in the obviously-old-fashioned-sexist way, wherein it’s super obvious. The old mentality

of, â€œwell, sheâ€™s a girl. She shouldnâ€™t be doing that.â€• This idea that women areâ€ supposedâ€ to procreate, like thatâ€™s the whole purpose to their existence (it isnâ€™t. Trust me; people donâ€™t haveâ€ purposesâ€ to their existence, unless theyâ€™re purposes that the individual themselves has decided on and says â€œ like an artist saying â€œI feel like I was meant to paintâ€). This idea that women areâ€ supposedâ€ to be attracted to men, and theyâ€™reâ€ supposedâ€ to cater to their every whim and need as though their husbands are children that canâ€™t take care of themselves.

Iâ€™ve heard this judgement presented in the case of slut-shaming, where groups of people will get together and whisper about how that girl over there should really be wearing more. I mean, why doesnâ€™t she respect herself more, am I right? (Hereâ€™s a thought: maybe she isnâ€™t the one not respecting her. Maybe she wore it because she knows she can, and she feels good in it, and your criticisms of her choice arenâ€™t helping anyone).

Iâ€™ve heard this judgement presented in the case of upholding a phony, restrictive definition of feminism, wherein a woman canâ€™t wear make-up, shave her armpits, be in a relationship with a man, or wear high-heels without being a â€œslave to the patriarchyâ€ (and, yes, I know that there is a larger discussion that can be had here, about how women are encouraged to do these particular things by the patriarchy. But at the same time, if sheâ€™s aware of the discussion and still chooses to do it, then isnâ€™t that her choice? Shouldnâ€™t her choice be respected, as a full-grown woman capable of thinking for herself?).

Iâ€™ve even heard this judgement presented as a way for women to distance themselves from â€œother womenâ€•. To say that they arenâ€™t like â€œother girlsâ€•; they like beer and sports and trucks, not all of that stupid, vapid stuff that â€œother girlsâ€• are into (question: why is it that only traditionally feminine pass times are dismissed as stupid and vapid? And why are we automatically assuming thatâ€ allâ€ other girls are into the same stuff?).

There are probably hundreds of other ways that this habit of judging women for their behaviour is presented, because it is so deeply engrained in our society that we do it all the time, even if we know that we shouldnâ€™t.

And we shouldnâ€™t. We really shouldnâ€™t. Because there is no one right way to be a woman. There is no wrong way to be a woman. As long as you identify as a woman, then you are valid, and you deserve to be treated as valid.

We spend too much time and energy and judgement; telling other people the right and wrong way to live, even if the ways that they live donâ€™t actually hurt us in the long run. We become offended merely because of the way that the other has chosen to exist. And that isnâ€™t fair to anybody. It most certainly isnâ€™t fair to the women who knows how she wants to live, who knows exactly what makes her feel comfortable and happy, and yet is constantly judged and told she is wrong for doing so.



Women are intelligent and rational beings, with the ability to choose what is best for them. And women should be treated as such, whether that be in the case of a larger life decision, like whether or not to have children, or a smaller life decision, like what clothes they decide to wear that day. Either way, these are her choices to make, her life that she is leading. And we should all seek to empower her, to help her become the best person that she can be. Not tear her down and tell her how to live.

Women, we need to support our sisters. We need to help each other to live our best lives, and we need to do it together.

And there are so many ways that we can do this. All we have to do is change our judgement.

Instead of saying, "look at what she's wearing", we can say, "you look nice today!"

Instead of saying, "I'm not like other girls", we can say, "oh, I'm into this thing!"

Instead of giving a judgement, we can give a compliment. Because while not every woman is the same, every woman deserves to be complimented.

Support women who do not often receive support. Love women who do not feel loved. Because our life choices, our hobbies, our clothes – none of that make us worthy of dismissal.

Title: Gluten-free Girl with cake DNA

Link: <https://mytrendingstories.com/tania---n/gluten-free-girl-with-cake-dna->

Content: I think cake is in my DNA. I grew up with a mother who was (and still is ) cake queen and who was taught this craft by my grandmother, who baked love and song into every cake, pirog and pirozhok . (Russian pies and mini-pies). Their baking repertoire was rich and extensive and there always seemed to be a fitting occasion to warrant a performance.

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They baked everything from scratch and we would have our favourites and requests; the Napoleon , rich yet delicate and very time-consuming Russian mille-feuilles , the Parizh , a nutty coffee meringue cake, the chocolate roulade Roulette ( I remember watching, salivating as the cacao, sugar and butter blended and were rolled into the doughy brioche pastry. This was and is still my favourite). There were also the Kulichi , the Easter cakes ( if you can imagine a brioche-y panettone but really beautifully dense) which were so temperamental and an all-day baking affair. I remember tip-toeing around the kitchen, closing doors ever so carefully behind me, speaking in very hushed tones, afraid to disturb the rising dough and proofing yeast. No way was I going to spoil the family Easter dessert and I gave the process ( and mama and baba) their due respect and space. And when it was

a really special occasion we would feast. The table would groan under the weight of the savoury dishes and then we would start again with a smorgasbord of cakes. On the following morning we would breakfast on cakes. Seriously. A long, leisurely breakfast of hot tea and cakes.

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So, I love cake and my kids love cake. And once upon a time I used to think that a perfectly healthy after-school snack was cake, a slice, doughnut or if I was feeling particularly virtuous, a muffin. If I had a bit of extra time on my hands I'd up the ante and make hot cakes and pancakes with honeycomb butter (hey, I realized not long ago that the honeycomb butter IS gluten-free and definitely a future option). At some stage I started to get informed about farming practices in both conventional and organic farming and I patted myself on the back on the "informed" choices I was starting to make, buying organic processed white flour and organic processed sugar. It made all the difference, or so I tried to convince myself.

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I still wasn't making any connections between the various symptoms of family members ( like sugar highs and lows, bloating, restlessness, mood swings, the list goes on) and the ingredients I was using. My kids do occasionally reminisce about the "good old days" when wheat flour and processed sugar were pantry staples in our household. Not too often though. They can now make the connection now between the food they eat and the way they feel.

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Which however, doesn't solve the problem of our cake gene. What to do? Experiment. If you too grew up with a cake gene watch out for my Gluten-free Macadamia, Coconut and Lemon tea cake, which I adapted from a Bill Granger recipe to be GAPS and Paleo- friendly, with only healthy, nutritious ingredients used. Still not an everyday food but one you'll be able to enjoy guilt-free and satisfy that sweet tooth but most importantly one that will transport you back to that joy of baking and memories of a sweet childhood.

Title: I Almost Became a Muslim

Link: <https://mytrendingstories.com/joanne-giselle-degamo/i-almost-became-a-muslim>

Content: I almost became a Muslim.

It all started with a cute Egyptian guy in Zoology class. He was good-looking. With olive skin and green eyes that twinkled back at

you when you looked at them. He was every girl's fantasy, mine included. I wanted him to be my boyfriend. So of course, I was more than happy when he became my lab partner. I tried to hide the glee in my face, to appear as if I didn't want him at all, to play hard to get. So let's see where this goes.

Everyone, and my friends too, thought he was conceited and selfish, that Mr. Egyptian only looked for his own interests. But that was not what I thought. Secretly, I chatted with Mr. Egyptian on Facebook. Never mind he was Muslim or that I was Christian. We talked of so many things. I was falling.

My classmates didn't understand. His mother is dead, he hates his stepmother and he has a younger stepbrother. Then we got to talk about sex and romance. He said he didn't want a girlfriend, no not yet, but maybe in the near future. Just not now. What he said next were plus points for me: All my friends giving me girls; two, three beautiful girls to have sex with, but I don't want to have sex yet. She has to be the right girl.

I didn't care if it was true or not. It definitely made forgetting him harder.

The fairytale ends shortly after he takes me out in an Arab restaurant where he ordered Arab food for me. Which I forgot the name, but was delicious anyway. I told a couple of friends I went out with him, and soon the entire school has heard. Which made him go berserk, and saying, I hate you, I hate you while he smiled through his teeth.

I really did thought of converting to Islam when I met him. Until today, I look at Muslim women with their head coverings, and say, "I could have been that." Then I remember him. Hamdy. That was his name.

At the time, I thought he really hated me. But now, I'm starting to wonder. He said, "I hate you," in a joking manner, and he was smiling like he was hiding a secret. One time in the cafeteria, he pointed to a Muslim girl who according to him, converted to Islam because she and her Muslim boyfriend were getting married after graduation. What does this all mean? Was he perhaps telling me something, that he likes me, in the subtle way that he knows?

Hamdy.

I'm still flirting with the name, but Hamdy is gone.

Follow my blog: [lettersfromsanjuan.wordpress.com](http://lettersfromsanjuan.wordpress.com)

Title: Choosing to Serve Without Compensation

Link: <https://mytrendingstories.com/gaye-austin/choosing-to-serve-without-compensation->

Content: 1Cor 9 â€œChoosing to Serve Without Compensationâ€•

When someone shares their heart you either ignore it or dig deeper or just pray. Paul takes a moment here to share his heart and his love for the Corinthians. Paul stopped to say that they were the evidence of his work and in fact he said when I stand before the Lord you, Beloved Corinthians, will be the evidence that God will see. That is the reason I proclaim the gospel message free of charge. I want the evidence more than the monetary gain I might make. Â You are the seal of my work and proof of my calling and that is enough for me. I glory in that!

There will always be some who scrutinize us, our walk, and our work. We must stop and ask ourselves: Â Why are we even sharing the gospel if it is not to stand before the Lord unashamed as we have presented the gospel which has the power to save?

Why might we choose this when Jesus proclaimed that those who proclaim the gospel should be paid for that work? Let me share personally how I answered that question. Just as Paul, I made the choice to be a volunteer, not paid staff for the ministry of Bible.org. I did it so that I might, like Paul,Â might be free to offer the gospel free of charge. I made a choice to serve freely without obligation or compensation. And I do it because Jesus did so much for me; it is all out of gratitude for the sake of the gospel.

Is there some place you are volunteering to share the gospel message freely without looking for compensation? Then join me in being grateful for that privilege.Â

Title: 5 Techniques of Writing a Good Essay

Link: <https://mytrendingstories.com/dawn-richard/5-techniques-of-writing-a-good-essay>

Content: Writing essays is a useful occupation, although not all students like to do it. Essays are universal academic tasks that can be performed on any topic and in any style. The main feature of this kind of written work is that the author can express own thoughts and personal opinions on some issue in this way. The ability to analyze, find proofs and express personal thoughts in writing lies at the heart of writing any academic copy, including an essay.

However, despite some freedom of creativity, writing in the essay genre is not an easy task, since the author has to find an original idea and present a non-standard view of any problem, even the most common one. This written work assumes a methodological analysis and assessment of a specific topic or issue.

A professional essay writing service could advise to describe and present several positions or points of view. Further, based on them, a conclusion should be drawn, which will reflect the well-informed opinion of the author. So, if you wonder “How to write my essay?” some techniques are required to be followed for writing a competent and interesting-to-read essay.

### 1. Pay Attention to the Task

You may ask: “What help write my essay?” It is recommended to start work on an essay with a careful reading of its title or assignment. What are you invited to do? What is required of you? What needs to be described, compared, and discussed? What is the central question being asked? Often, the preparation for writing an essay looks like a conversation out loud or a manifestation of imaginative thinking.

When writing an essay, it is easy to fall into one of two extremes “describing the facts without subjective interpretation, or vice versa, presenting your personal opinion not backed up with the evidence. A professional essay writing service claims that the art of writing an essay consists in finding this balance. You have to express your position, logically lead to it, and reinforce it with rational and objective arguments.

Before writing an essay, you always need to formulate what you think about the problem, what your position is, and what idea you are going to protect. So, it is essential to organize your thoughts and develop your personal attitude towards the given issue.

### 2. Collect Relevant Information and Sort It Through

Next comes the turn of material selection. Refer to the literature and try to get a rough picture of what you are going to write. If your essay assumes an analysis of a large number of sources, it is worth starting to collect information and read the relevant literature. For that, it is better to have a margin of time.

You may ask: “Do I need to read many books?” It is not enough to just read them for choosing the right material for an essay. Most importantly, it is analyzing and organizing the information collected. Opening up the issue means understanding what the essence of the matter is.

Use all the available information. Do not ignore particular ideas that you heard during training sessions or read in different sources. Reading newspapers, browsing magazines, and watching TV programs can be useful. You can get helpful information, even talking with friends. Carry a notebook with you to write down all your ideas and essential arguments. Separately take notes about authors and titles of publications you read.

### 3. Make an Outline of Your Essay

Based on the information collected, you can begin to think about the outline of your upcoming text. At this point, you need to analyze and work out the detailed structure of your essay. Although drawing up a plan takes time, planning helps control your writing and stay on the topic. With it, you can also briefly, coherently, and logically state your thoughts.

The plan should include the main points you are going to raise. Make sure you understand what parts your copy should have. An essay typically consists of three parts – introduction, discussion, and conclusion. In the introduction, you describe the issue and its context, and also briefly talk about the direction of your reasoning. Here, you better explain how you understand the problem in your own words. Remember that you do not have to write a whole book. It is enough to clearly explain what you are going to write about to your readers.

In the second part, you will present the arguments and proofs for your point of view. You need to reveal the main content of your work. It is necessary to give examples, consistently move from one thought to another, and not deviate from the disclosure of the main idea. The presentation and the discussion of the issue should be logical and consistent.

The conclusion will summarize the ideas presented in the main part and demonstrate that you answered the primary question. The final part of your essay should be written as the result of logical reasoning. It is appropriate to express your own opinion on the issue. Well, the outline is done, and it can be changed then.

#### 4. Consider the Essay Structure and Write the Text

So, the material is collected, the main ideas are formulated, and the essay plan is designed. Following this three-part frame, you can start writing. It is possible to begin with any part. Some students prefer to have a written discussion first and then take on both an introduction and a conclusion. Others write all parts in sequence.

The main point is to try writing concisely and devote each paragraph to one idea. Do not use complex sentences. Also, avoid any plagiarism and write an essay on your own. For composing your essay correctly, think over each paragraph, and answer the following questions:

How can these paragraphs be arranged not to disrupting the logical structure of your essay?

o you need subheadings for your essay to help the reader?

#### 5. Finalize Your Work

At this stage, all you can do is proofreading and editing the already written text. Some students write several variants of essays. Then, they choose the most successful option. When it is done, check if you answered the main question. Maybe, it is worth inverting some fragments for presenting proofs in a better way. Also, you may need to shorten the text to meet the established word limit. Correct both stylistic and grammatical mistakes. When you finish writing your essay, answer the following questions for yourself:

Is the primary goal of the written work reached?

Are the arguments stated correctly?

Have you used all the information sources you have?

Is your point of view correctly presented in the essay?

What experience did you gain when you were working on your essay?

At the end of the essay, be sure to give a list of the literature you used. After you write an essay and check it, it is advised to read it aloud. A good text is often read in one go. Those who think straight, write clearly. Finally, you can offer your friend to read this essay and find out his or her opinion. A fresh look never hurts.

Title: The Friendship List, by Susan Mallery

Link: <https://mytrendingstories.com/misti-pyles-/the-friendship-list,-by-susan-mallery>

Content: Title : The Friendship List Author : Susan Mallery Genre : Fiction, romance Rating : 4 out of 5 Ellen and Unity have been best friends basically since birth, but they couldn't be more different. Unity married her childhood sweetheart just after high school and became an Army wife, moving from base to base until her husband's shocking death in the line of duty leaves her a widow. Grief-stricken, it's time for Unity to come back home to Ellen—the only person she can trust to help her rebuild her life. But Ellen has troubles of her own. Boys never seemed to notice Ellen until one got her pregnant in high school and disappeared. Her son is now 17 and she's wondering what to do with herself now that he's heading off to college and he's literally her entire world. But now that Ellen and Unity are reunited, they're done with their stale lives. It's time to shake things up and start living again, knowing that they'll always have one another to lean on. So they create a list of challenges they have to accomplish—everything from getting a tattoo to skydiving to staying out all night. And whoever completes the most challenges is the

winner. But with new adventures and love just around the corner, there's no such thing as losing! The friendship between Ellen and Unity was so much fun to read—even when they fought. And I loved the fact that we got to see what the guys were thinking, too. That made everything much more interesting. Unity's hanging out with all the older adults made the story charming, although her refusal to face reality was slightly annoying. This was a cute, fun read and I enjoyed seeing the characters grow and change. Susan Mallery is a bestselling author. The Friendship List is her newest novel. (Galley courtesy of Harlequin/HQN in exchange for an honest review.)

Title: When will My Reflection Show...

Link: <https://mytrendingstories.com/morgan---j./when-will-my-reflection-show...>

Content: "How did you lose so much weight?!"

Usually, when someone is asked this question, they feel a sense of glee. Finally, someone noticed their hard work! But when I hear it, it's equated with a sense of dread. Yes, I have worked hard on maintaining and training my body into a beautiful shape, but I still have the same insecurities as I did before. Granted I am a lot more confident now and my jeans fit better than ever but there are still nagging thoughts in the back of my mind that tell me that I am not working hard enough.

It's simple once you think about it. Overnight I became known as the "fit girl" who exercises every day and is very strong. What they don't know is that my incessant exercising is due to a fear of losing what has helped me become so popular in the first place: my body.

By no means am I making light of my journey. I work my butt off to be healthy and to look good. I had to learn the hard way that my body is built a certain way and the only way to change it is to force my anatomy to do something that it was not made to do. I will never have small hips and a perfectly flat stomach. I will not easily weigh under 150 pounds. I can force myself to eat carrots and celery only to be too weak to carry my own backpack (which I NEVER recommend).

"Well Morgan, how do you love yourself and your body?"

Simple. Acknowledgement. Realize that you are blessed beyond measure to be born in a body, period. Whether you are disabled or able-bodied, you are still alive on this Earth. Look at yourself and forget about your outside appearance. Your body is just a vessel for your soul to be carried in. If you keep that mindset, your body will thank you.

Wear clothes that you feel confident in. You know those articles that tell you how to dress for your body type? Screw those.



Wear what makes YOU feel like a million bucks. Got wide hips and want to wear a mini skirt? Go ahead! Show off those thick legs! Whatever makes you happy outweighs what anyone thinks of you. Wear a crop top if you don't have washboard abs. They're overrated anyway.

Weight ain't nothing but a number. This is something that I am still learning myself. Weighing yourself daily will show you how easily the body fluctuates. Women especially have to deal with many factors (like estrogen, birth control, and water weight) that can dramatically alter their weight on a daily basis. So throw out the scale. Go by what your body feels. See some new definition? Great! That's all that matters. Oh, and BMI is not an accurate way to measure weight. Serena Williams is considered obese. Keep that in mind.

Work out for the right reasons. When I first began my fitness journey, I had one goal in mind: LOSE POUNDS. I wanted to be the slim-thick girl of Instagram dreams. During the first summer of my journey, I ended up being very thin. It wasn't because of my workout regimen, it was because I wasn't eating. Now my goal is to simply be healthy and strong. I look to WonderWoman as my body goals now. When you begin exercising, you must remember what your body wants to do. We are not built the same way and that's what makes us unique. Remember the saying "different strokes for different folks"? Not everyone wants a super thin girl. Not everyone wants a plus-sized woman. But that doesn't make your worth any lesser because of someone's preference. Keep doing you, boo. When you love yourself, someone will love you even more.

Try to STOP comparing. I know it's easier said than done. Even I envy some of my friends' beautiful bodies and compare them to mine. You have to realize that comparisons are self-destructive. As my beautiful court sister, Jasmin said: "A flower does not compete with another flower, it just blooms." Whether you are a sunflower, tulip or rose; you are beautiful beyond measure. Treat yourself like you would a flower. Water yourself lay in the sun and prune negative people out of your life. Your glow will be noticeable from the roots to the petals.

Title: We All Have That One Person..

Link: <https://mytrendingstories.com/amanda-christina/we-all-have-that-one-person..>

Content: Everyone has that person. The one that "got away," the one you never got the chance to be with. For years you hold on to the what-ifs or the thought..we would be so great together, why can't they see it? You get along so well and care about each

other so much “ so why aren’t you together? You have people constantly asking what’s going on with the two of you, your only response being, “I don’t know this is just us, it’s what we do.” Sometimes you have to take relationships for what they are. Someone once told me that people come into your life for a reason, a season, or a lifetime. Some people are actually meant to be in your life for a short period, but you make them such a big part of your life that it turns in to years of effort and energy spent on someone who doesn’t feel the same way that you do. You can’t force a relationship that was never intended to be forever, to make you feel the way a “lifetime relationship” should. Someone can care about you so much but still not want to date you. We’ve all been there. You’ve found yourself so invested in the relationship you’ve built but the other person isn’t, which causes a hold over your thoughts and your emotions. In turn you think “ is it me? How could I be so attached to this person when the entire time, the feelings weren’t even mutual? If they were mutual, you two would be living a life together “ not apart. When you realize what the relationship really has been the whole time “ that the connection you two had was more one sided and you’re not even “their person,” that is when you find the ability to move on. Because you start to think..now I know. All those questions I had, all those times I thought we were each other’s “person”, it was all just clearly in my head. I thought we had more between us than we actually did, I made it way more than it was. But..that’s only one way to think about it. Every situation is a learning experience. You have to ask yourself, what can I take from this? How can I look at this in a positive way ? What would I do differently next time? Every dating experience brings you closer to figuring out what you ultimately want, and don’t want.

• A.

Title: What I learned from Tony Robbins' walk on fire

Link: [https://mytrendingstories.com/francesca-villardi-\(treadmill-treats\)/what-i-learned-from-tony-robbins'-walk-on-fire](https://mytrendingstories.com/francesca-villardi-(treadmill-treats)/what-i-learned-from-tony-robbins'-walk-on-fire)

Content: Â

I have been lucky enough to see Tony Robbins live 3 times before thisÂ but they were always 2-day events and nothing ever like this. This event is different and amazing. I never thought when I got blessed with this ticket to go to Tony Robbins' Walk on Fire seminar that there was going to be 9000 people from 71 countries here. I didn't know that he would push you to your limits and beyond, thatÂ 9 hoursÂ wouldÂ feel like 3 nor that you get so drawn in that youÂ even forget to eat.

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You forget everything that's going on around you and you get so caught up in the moment, you actually lose all track of time. You are so captivated by his words; he pulls you in, he touches your heart and he gets you to step out of your comfort zone all while teaching you invaluable lessons and tools to change your life. You think, I can do that... because he says you can. He makes you stand, sit, jump and scream. He makes you ask yourself the deepest darkest secrets of your soul and then tells you to share them with total strangers. He makes you laugh and cry, he gets you to believe anything is possible and it is! After 12 hours, you are willing to follow him through fire, literally.

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It started at 12:30 pm and we took off running. He came out fast and furious, loud and in charge. Next thing I know, I looked down and realized it was 6 pm and even though I didn't eat, I was supercharged. There were no breaks; I hadn't even thought about eating, I barely went to the bathroom and if he didn't remind us to drink water, I would have forgotten to do that as well. I was so in the zone.

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This was what I had waited for and had on my vision board since 2008. I fully immersing myself into this, heart and soul. This meant something to me...I wanted to do this to prove to myself and my readers that anything is possible if you believe! This was truly something I envisioned; I put it out there and had it on my vision board and my bucket list. I believed it would happen even though all these years had past, I still believed it and look it did happen!

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I wasn't missing a minute of this. By midnight, we should have been dead tired but we were in the zone, ready to go and it was then when all 9000 of us took off our shoes and walked outside to 32 red hot coal fire pits. There were people playing drums, we were clapping and chanting yes, yes, yes... over and over again. We knew what was coming as he made us envision it and walked through it in our minds over and over inside, we were ready...I was ready. I stayed in my zone like a well-trained athlete. I was focused and I wanted this more than I ever wanted anything. There was no fear in me as I stepped up to the grass area in front of the hot coals. Yes, yes, yes...we all chanted.

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I remember thinking this has been a long time coming, I am ready, hear me roar! I heard in the distant background "GO" and the next thing I know, I am looking up chanting cool moss, cool moss, cool moss like Tony taught us and then it was over. I did it I walked over burning hot coals! I went through the fire and now I walked on fire. This was a full circle moment for me. I did this for me and for all the

other women out there who lost their voices and were told: "you can't do it, can't make it". This was for all of us to say "Yes, I can! I can do anything when I set my mind to it!" This was for my girls to show them, anything is possible!

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It was the most intense experience I have ever had. I think this even trumped jumping out of a plane which was my number one experience before this. However, this had a different meaning to me. This weekend has opened me up and it has made me look deep inside to pull outÂ answers I didn't want to bring up. It confirmed why I am here on this earth: to help others, to inspire people, to show themÂ thatÂ you're never too old, it's never too late and that nothing is impossible if you believe!

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So today my friends remember that nothing is impossible. You have the power to overcome your fears, to change your life, to walk through fire and even walk on fire just like Dorothy from the Wizard of Oz. It was always inside of you and you always had the power.

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"Be the change you want to see"

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"And just when the caterpillar thought his life was over...he turned into a beautiful butterfly"

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[http://www.amazon.com/gp/aw/d/0692437398/ref=mp\\_s\\_a\\_1\\_6\\_twi\\_pap\\_2?qid=1452884833&sr=8-6&keywords=the+blessing+in+Disguise](http://www.amazon.com/gp/aw/d/0692437398/ref=mp_s_a_1_6_twi_pap_2?qid=1452884833&sr=8-6&keywords=the+blessing+in+Disguise)

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My weekly Youtube page, please subscribe:

<https://youtu.be/LDSXCFJVnzM>

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Twitter: treadmill treatsÂ

Instagram: treadmilltreats

Facebook : treadmill treats

Title: Picnic Date

Link: <https://mytrendingstories.com/dessie-bratanova/picnic-date>

Content: Hello!

In light of the fact I'm having a picnic today with some of my girlfriends I decided to wrap up a quick picnic outfit to share with you all! It

has appeared on my blog before, so you can see more pictures here !

I love to match my outfit to the occasion and that's exactly what I did here! I'm more than sure there's hardly anyone who dislikes having a picnic! For me the whole idea is so lovely and I can't wait to be with my boyfriend so we can have many of themÂ together!

Do you often have a picnicÂ and what activities do you enjoy doing then? I would love to know!

As for the outfit....

A really simple and effortless but stylish and eye-catching outfit!Â

I hope this post inspired you to go out in the nature for a comfy fun picnic! Have a wonderful day~!

(Outfit details and more pics in my blog )

Find me onÂ InstagramÂ andÂ Tumblr !

Photos by Michail BratanovÂ

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Title: 6 Tips to Help You Buy a Used Car

Link:

<https://mytrendingstories.com/instant-loans-are-filling-a-need-for-many-people-hurting-from-the-coronavirus-lockdown/6-tips-to-help-y>

## ou-buy-a-used-car

Content: Are you going to buy a used car? If so, it's best to try out your level to avoid making common mistakes. After all, you do not want to be cheated. Below are some tips to help you protect yourself andÂ Searching Used Cars Â investing in a used vehicle.

### Check the car

If you're a certified mechanic, you can check the car yourself. If you are just starting to use cars, we suggest checking the car before buying. Do not make a mistake by paying for the car before taking it to a good mechanic. The specialist will check the car for you and inform you about its real value, as well as any defects. for more visit [Chauffeur Cars MELBOURNE](#) .

### Go for a test drive

Do not drive the car over and over again. You must leave the car park for a test drive. In fact, driving it on the highway will help you check the accessories. If the car has a serious defect, you can negotiate the price with the seller.

### Never buy without seeing the vehicle

Sometimes people buy cars online, without even looking at them. Did you find a good but inexpensive car in some other state? You can end up paying for a car that does not match the pictures you view on the website. It's not a good idea to trust an online dealer you've never met before.

### Check the title

When you look closely at the car, you must also check its title. In fact, this is a very important step. You may want to make sure that the title has no pledges.

## Purchase agreement

If you intend to purchase from a dealer, you must sign the buyer's order or purchase agreement. Documents will govern the transaction. The purchase contract should not limit your rights or protect all dealer rights. You should not rely on the verbal promises of the dealer.

## Buy from a person

It is very important. Some sellers operate in a way that buyers believe they buy from a person. However, the documents clearly state that the car is sold by the dealer. In fact, in some states the act of "firing" is not against the law. However, even if it is allowed in some states, you may have problems if the sellers send a contract, lying to you.

So, if you intend to buy a used car for the first time, we suggest you follow the instructions in this article. This will reduce your chances of breaking. You will be able to get the right vehicle into your hands, because you will know all the things that are important for making this big purchase. Remember that you should have everything in writing. Verbal promises are not very reliable.

Title: 1 Thing You Can Do This Week to Increase Your Power and Influence...June 10, 2019

Link:

<https://mytrendingstories.com/jonathan--cring-/1-thing-you-can-do-this-week-to-increase-your-power-and--influence...june-10,-2019>

Content:

Don't Be the First to Speak

I am fully aware of the attitude of our times and the pressure placed upon each and every one of us to dominate and establish our individuality and value as quickly as we possibly can. To do this, we've created a generation of gabbers and grabbers, wanting to grab the attention of the world around them by gabbing their way into positions of authority.

We have begun to believe that the person who can chat with the most efficiency is going to be the best candidate for leadership.Â

Yet I tell you:

There is something greater than domination

Because the weakness of domination is that it limits the success of any project to the scope and talent of the dominator.

May I suggest this? Instead of dominating, we should allow ourselves the true purity of participating.Â In order to participate:

Y ou can not enter a room talking Â

There are three reasons for this:

1. You do not know whatâ€™s going on in that room before you arrive.
2. The room may already have established a spirit which you might â€œunspirit.â€•
3. Guess what? This was your day to learn, and you talked right through it.

There is a spiritual intelligence to entering a room and remaining silent until you hear someone else speak.

It doesnâ€™t make you a mouse, unprepared with anything to say. It makes you a saintâ€”one who has arrived to contribute and assist instead of control.

Walk in a room, take a deep breath, listen to whatâ€™s being said, respond to questions that come your way, and then ease your way in with whatever gift you can offer to the mix.

Title: In 7 Ways Improve Your Business With the Best Workplace Ergonomics

Link: <https://mytrendingstories.com/samantha-brown/in-7-ways-improve-your-business-with-the-best-workplace-ergonomics>

Content: As the world develops, we are focusing more and more on how a workplace should be ergonomically perfect for your everyday worker. Office workers already have to spend a large chunk of their lives in a sedentary environment where they get little to no physical exercise so spending all this time in a place that does not cater to their anatomical needs is simply asinine.

So we have come up with seven ways in which a workplace can become efficient, practical, and comfortable for your everyday office worker:

An Optimized Chair

The average office workers spend around 40 hours per week in his workspace. Most of this time is spent on his or her office chair.

Office workers are notorious for spending their lives in a stationary environment that demands little to no physical activity from them.

This lack of physical activity is already harming their lives enough, so they need to work on their ergonomic health so that they do not have to worry about other problems.



The perfect ergonomic chair needs to be extremely adjustable in all areas - armrests, headrest, height option, seat pan, and even lumbar support. The right chair will ensure that you do not undergo any back, shoulder, or neck problems because of your work hours.

Good ergonomic chairs are never easy to find, but you might want to consider this almost perfect ergonomic chair from Singapore

### Standing Desk

We already mentioned how it is terrible that office workers have to undergo sedentary lives. But nowadays, they can choose to not do so by incorporating subtle changes in their office environments.

One of the best ways to do so is by getting a standing desk. A standing desk allows you to spend a decent portion of your time standing up rather than sitting down, so you can work on keeping your back, neck, and shoulders in perfect shape. The standing desk will also keep you active and enable you to think quickly as well.

There is an alternate version of a standing desk called a standing-sitting desk which can be adjusted according to the user's needs. So you can sit or stand, or alternate between two to make the most of your office working experience.

### Monitor Arms

One of the most irritating things about an office space is when you have to continually adjust your position and angles so you can look at your monitor screen with ease. This problem is mostly found in monitors that cannot be modified or have no monitor arms.

So it is in your best interests to get your hands on monitor arms so that you can adjust the position of the monitor instead of yourself to look at the screen. Your back and neck can relax, and you will not be facing any anatomical troubles anytime soon.

### Desk Organizer

Desk organizers are of utmost importance in our world today. Imagine sitting on a desk with so much clutter that you have to dig around under layers of files and papers to get to a single object. It is not only inconvenient for our comfort, but it also eats up into our working time.

When you have a desk organizer, you can easily place all your things of immediate use on it, be it files, writing pads, pens, books, etc. When everything you want will be in one place, you can easily reach out and take it every time you need it. A decluttered desk is one of the best ways to practice good office ergonomics.

## Keep the Keyboard and Mouse Close to You

When your keyboard and mouse are far away from you, you often have to reach out and access them, which can stretch your arm, shoulder, and neck and make you uncomfortable. Staying in this stretched-out positions continuously can cause your neck and shoulders to hurt.

So make sure these objects are close enough for comfort. Your arms should not be outstretched or too reeled in when you are working on your keyboard and mouse.

## Cable Drop

One of the most unattractive and unsightly things in an office space is a clutter of cables and cords. If they are on the floor, people can even trip on them. If they are on your desk, sometimes you lose things under them, and these things become impossible to find. Not to mention they take away from the appeal of the office.

A cable drop can easily solve these problems by organizing the cables in a very neat formation, so they keep serving their purpose and don't become a hindrance to your work.

## Pen Stand

Pen stands, we believe, are one of the most basic parts of office space. A good pen stand must always remain stocked with pens so that you know where to reach out to when you need one. Also, remember to return your pen to the stand after using it otherwise you could end up losing them all, rendering the stand useless.

## Author Bio:

Hannah is an interior designer by profession, and she knows all the ins and outs of using the right quality of the furniture and accessories for home decor and workplace. She is also a blogger who loves to write about the home and office maintenance tips and tricks. Read more about her posts at [ergoedge.co](http://ergoedge.co).

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Title: Sudden Fear

Link: <https://mytrendingstories.com/catrece--ann-tipon-/sudden-fear>

Content: "It was 5 years ago. My father and I were packing our bags to spend the weekend in the mountains for our annual camping trip. At that time my father and I had a shaky relationship, and it was my mother's idea to use the trip to try and patch things up. We got into a fight earlier that month about my decision to go into the army and my father wasn't having any of it. "You need to stay here and tend the farm! I'm not getting any younger." he blatantly said. "I am not going to be stuck in this damn farm and feeding stupid animals. I want to actually do something with my life, to be more than just a useless farmer!" I shouted not realizing how stupid and ignorant I sounded. "You think I think I am useless? I work hard to feed both of you, to cloth both of you, to pay for this damn house to shelter both of you, and yet you call me useless! FINE! See if I care. Go and fight this useless war!" He shouted and turned his back to me. That was the first time I had ever seen him so angry and disappointed in me, but I didn't care. I was so angry that I ripped the coin necklace that me gave me when I was a baby and threw it to the ground next to his feet. He looked down, clenching his hands into fists as if preparing for a boxing match with his own son. I ran out of the house and didn't come back for a week.

We were climbing up towards the first cliff of the mountain, not really saying much to each other. I was ahead of him and as I looked down, he was starting to catch up, so I got a bit cocky and tried to climb even faster, not focusing on the stability of the cavities I was placing my feet in. I placed my right foot on what seemed like a small foothold and felt the rock give way. The weight of my body was too much for my hands and I felt myself slipping, my heart pounding out of my chest, and my body flailing like a bird with a broken wing. Immediately I thought, "That's it. I'm going to die." I closed my eyes accepting my last fate until I felt a sudden grab of my hand. I opened my eyes and saw my father. He somehow caught my arm and was able to hold on. I told him to let go, knowing he wouldn't be able to withstand both of our weight. "I am not going to let my son die like this." He yelled at me. I looked down and saw the jagged rocks expecting gravity to greet me there. I swung my other arm and held on to his hand. I couldn't reach the rock face in front of me and I was left dangling.

I could tell my father's hands were slipping on both ends. He started to cry knowing he wouldn't be able to hold on to me much longer. "I love you son. Please forgive me." he told me in a forced breath. I looked up, never seeing such a vulnerable expression on my father's face. All I could think was, "So this is what it took to see this side of you." I smiled at him with tears running down face, and he let go. I closed my eyes and suddenly felt the cold wind rush through my whole body, feeling nothing but emptiness behind me.

You know that cliché, where life flashes before your eyes, well for me, it didn't happen. Instead I saw my mother, my father, and my younger sister waving me goodbye. I reached out, crying, wanting to say sorry to the man I owed everything to, then everything went blank.

It felt warm. Like a comfortable blanket was placed over me. I felt someone gently grabbing my hands and thought God was pulling me towards him. I had never felt this comfortable before and for a second I didn't want to leave. Then I heard a distant voice call out. "Son, answer me. Wake up!" I couldn't figure who it was. "Please, don't let go!" The voice got louder, more coarse as if screaming through tears. I felt my body being lifted into a tight embrace. "Please forgive me. I'm so sorry for everything. I love you so much!" He screamed. I realized it was my father holding me, confessing to me, loving me. "Dad. I'm sorry." was all I could muster. He cradled my head like a newborn baby and stared at me through his red swollen eyes. He quickly laid me back down to keep my head erect. He held my hand and wiped the blood from my face until a couple of hikers found us and helped us to safety.

In the hospital, he tied the coin necklace that I had thrown on the ground and kissed me on the forehead. "No matter what, I will always be proud of you." He said to me. Not once did I really think about that necklace as anything special, until that day. I realized then that one item can represent how much I was loved in this world."

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\*\*I always get a kick out of writing short stories. Enjoy! :)\*\*

Title: U.K prostitution laws and why it shouldn't be a crime to buy or sell sex

Link: <https://mytrendingstories.com/sophia-moss/u.k-prostitution-laws-and-why-it-shouldn't-be-a-crime-to-buy-or-sell-sex>

Content: With all the resignations, uncertainty and unrest that has been dominating the news since Brexit, I thought I would bring your attention to something positive that has been going on recently.

A cross-party group of MP's are pushing the government to change the U.K's current prostitution laws.

Under the current law, prostitution i.e the act of one adult paying another adult for sex is not illegal. It is legal to sell sex, and it is legal to buy sex. However, acts associated with prostitution such as soliciting, curb-crawling and brothel-keeping are illegal.Â

This can have an adverse effectÂ as it encourages prostitutes to work alone. Sharing a premises and working in groups adds security, but having to work alone can be dangerous. It also discourages sex workers who work on the street to seek help if they are

abused, as they would have to admit to breaking the law.

As our prostitution laws are clearly illogical and out of date, there are people from both sides of the debate who have been pushing for reform for some time. Some people favour the 'Swedish model' used in Sweden, Norway and Iceland. In this model, buying sex is illegal. It is not illegal to sell sex under this model, but it is illegal to buy it. Some argue that this helps lessen demand, as people are less likely to pay for a sex worker if they are committing a crime.

Sex workers and organisations that support sex workers disagree. They say that prostitution is the oldest profession in the world, that it has always existed and will always exist. and making the client a criminal will not stop demand. What it will do is make clients less likely to co-operate with security screening, and may serve to drive the profession even more underground, which in turn can make it even more dangerous.

Under this logic, prostitution is never going to go away. Whether you make it fully legal, make it partially legal or criminalise one or both parties, it is always going to exist. So we have two choices. We can either pretend we can eradicate it and push it further and further underground, or we can accept that whether we like it or not it is a part of our society and do our best to protect sex workers. This is likely to result in decriminalisation or legalisation, as is the case in the Netherlands, Germany and New Zealand.

Critics of legalisation will say that legalisation does not stop the illegal sex trade. Whilst prostitution is legal in Germany in actuality the amount of restrictions that have been put on it have driven many German sex workers to continue to work illegally. This is true, but it is hard to tell if this would still be the case without as many restrictions. The Netherlands are a very well known example of a country in which sex work is legal, and the vibrant red light district in Amsterdam and the greater awareness surrounding sex and sexual health in that country make it seem like a success, but as the Netherlands also have restrictions (all prostitutes must be registered, they must pay the rent of a window etc) there are still sex workers who work underground.

The fact is that for many people sex work is not a permanent career choice, but rather a way to make some quick money and move on. People doing it for this reason are unlikely to register themselves, perhaps to avoid stigma or simply because they don't feel it's necessary. This means that full legalisation in its existing forms may not work because people may not wish to co-operate for their own reasons.

Legalisation can work, and is in theory the best option. The government can make money, people are safe and everything is regulated and out in the open. As we have seen above, however, the countries that have legalised are not perfect and there are reasons that people would choose to work outside it. This leaves us with decriminalisation.

Decriminalisation is, hopefully, the next step for the sex trade in the U.K. This would stop the acts associated with prostitution being a crime, and would mean sex workers who encounter problems are able to go to the police without fear.Â

One of the biggest problems with prostitution, some would argue, is human traffickingÂ and people being forced into the sex trade against their will. Whilst this is definitely a problem, this is also not prostitution. Consensual sex work, where the man or woman involved has made the conscious choice to sell sex in exchange for money, should be decriminalised. Human trafficking is slavery, and it will always remain a crime.

Bringing sex work out into the open and ensuring sex workers are able to contact the authorities if needed is a positive step in eliminating human trafficking, and decriminalisation will make it easier to identify legal and illegal sex workers and act accordingly. We may never be able to completely eradicate it, but if we work with sex workers rather than against them we can crack down on those who force people into the sex trade.

Title: Negative Nancy

Link: <https://mytrendingstories.com/derra-sabo/negative-nancy>

Content: Funday Sunday... how was your last day of this awesome weekend? Mine, well it was a balanced mix of busy and relaxing. Saturday was a day filled with social media replies, iced coffee, Netflix and blogging (naturally). Today, however, was the day I chose to run errands, although the drive-thru line at Starbucks wasn't long so silver lining. ;)Â On theÂ flip side, the grocery store was jam packed with everyone and their second cousin. People leaving their carts right smack dab in the middle of the aisles and ignoring others trying to pass by. What should have been a semi-quick trip turned into an hour long "fun" fest. Now I am someone who has an abundant amount of patience and today the were tested to there limits, but it was a test I passed being the over-achiever that I am. I noticed something though... now when I make eye contact with another person I always smile, polite manners. I'm noticing that more and more people are non responsive or seem freaked out when smiled at.

It's as though I'm an optimistic alien in a sea of an angry mob. Now I have a few scenarios of why most people seem as though they have a giant stick shoved up their ass these days. Perhaps they have extremely stressful lives and all of that stress has diminished their smiling abilities. Perhaps they have all received some sort of group discount coupon from Groupon and got Botox which apparently ended upÂ badly botched. Or, perhaps they assume that they are better than most people as they stand tall on their dramatically high pedestals. In that case here, I'll help push you down because the lack of oxygen is affecting your brain as well as

your facial expressions. Who knows, I could be batting 1,000 here. It's just sad that a kind smile no longer seems to be recognized as just a kind gesture.

Hear my words people, or read them I guess... it is ok to smile. That what doesn't kill you only makes you stronger. Smile at a kind soul. Smiling, as well as laughter, only adds to your life and reduces stress. So much negativity soaking into our lives these days. No wonder we're all being buried six feet under too soon. Has anyone else witnessed this insanity or is it just me?

Title: Latest Fashionable Women Style Trends

Link: <https://mytrendingstories.com/addie--davison/latest-fashionable-women-style-trends->

Content: Gatherings are enjoyable. For ladies, a gigantic piece of going to parties is design, and everyone needs to look up-to-date and provocative for gatherings. It's anything but difficult to get the most recent gathering gear without using up every last cent - and still look astounding! 2019 has a ton of wonderful design inclines that take into account everyone's financial limit. From calfskin tights to out of this world warrior heels, looking extraordinary at a gathering has never been simpler!

â€¢ One carried tank-tops are only a standout amongst the best new patterns in ladies' gathering gear. You can get them in dark or stripes, with unsettles on the shoulder or globules. Pair them with tights, pants or miniskirts. They can be worn under a coat or sweater or alone. They're a standout amongst the most unstable apparel articles of 2019.

â€¢ Shoes! Warrior high heels are the most up to date stylish wind on a year ago's level combatant shoes. These Newest Women's Shoe Styles look dazzling with tights and add heaps of length to petite legs. Level shoes adorned with shaded stones and calfskin ties are likewise in style.

â€¢ Small pencil smaller than usual skirts look incredible with one carried tank-tops. These skirts come in every extraordinary print, from midnight dark to coquettish flower. They can be coordinated with a pullover, a tank-top, a realistic tee-shirt or a popular coat, and they look extraordinary combined with high heels. Little rompers likewise look great with heels, since they add length to a generally little outfit. Dresses are likewise gradually edging their way back onto the design stage, giving pants a great show of rivalry.

â€¢ Leggings are making a stride onto a similar platform as smaller than expected dresses and skirts. This year they are notwithstanding flaunting pictures, examples and plans. It's ideal to match these bustling prints with plain tops so the outfit isn't overpowered. Splendid, neon shades and cowhide coats look extraordinary with these stockings. There are likewise dark, glossy

tights, denim stockings and multi-hued tights. Looking for ladies' attire has never been progressively fun with more structures discharging constantly.

â€¢ Small, ribbon dresses are only decent to enough to go for complex, however sufficiently easygoing to wear to any gathering. You can consolidate them with a cowhide coat for a one of a kind joint effort of female chic and intense young lady styles. Dress them up to go to parties with embellishments. Maxi dresses are likewise decent to wear to shoreline parties, as they're lightweight and simple to put on. Temptress dress hosts a marvelous cluster of get-together patterns for each lady.

For all your shopping needs, shop on the web. The greater part of your preferred universal brands currently have online boutiques for you to peruse and purchase the most recent people's attire with only a couple of simple snaps!

Title: Tips to Find the Best Online Essay Writing Service

Link: <https://mytrendingstories.com/yatin-arora/tips-to-find-the-best-online-essay-writing-service>

Content: In the work environment, it's important that you know approaches to compose well. Organizations should keep up their written work on the comparative high consistent they request of their items and administrations. Your clients and providers choose you on your reports, so keep perusing to find out about making your business composing able and proficient.

#### 1) Utilize the Right Instruments

Indeed, even before your gathering of people start understanding, they will reach determinations about your record in view of its real characteristics. Literary substance printed precisely on the correct stationery establishes an incredible first connection.

Pick overwhelming sufficient paper. Regular copier paper is unstable, somewhat translucent, and holds ink poorer than heavier paper. Reports imprinted on quality paper pass on a level of gloriousness and polished methodology. Additionally, brighter paper influences content to get saw more noteworthy around the website page. You can check the brilliance on the paper directly finished the bundling before you buy.

Before you print anything by any means, contribute within a decent quality printer. The tip final product will exhibit regardless of whether you've made utilization of an old, shoddy printer or top of the line hardware, so contribute the cash to create your reports look amazing. Additionally, be sure your ink cartridges are whole before printing. Your archives will probably be all the more difficult to look at when the ink is light.

On the off chance that you are printing sporadically estimated archives or else you have a critical volume, consider utilizing a printing



organization. They can give tests of their work and references, to enable you to make certain you may get the quality you'll require. Ordinarily, this component is less exorbitant for you by and by than purchasing a large portion of the ink or potentially particular items you'd most likely need to do it all alone.

## 2) Structure Makes an Impression

Indeed, even an influential message will never peruse extremely well in the event that it can be inadequately introduced to the site.

Before you mail any written work on its way, observe in the accompanying: Please visit at <http://writemyessayonline.com/>

a) Independent your thoughts with passages. Hold your sections snappy additionally to the point, and guarantee there's one specific line house in the middle of every one.

b) Use headings after you can. Headings get a thought all through immediately and inspire your watchers to take in more about it.

c) Be per your text style measurement. Pick a reasonable measuring (for the most part 10 to 12 subtle elements) and don't stray from it unless obviously your doc joins features. Indeed, even your features ought not be outsized; make them just a smidgen substantially bigger than your physical make-up printed content.

## 3) Buy Your Topics

Choose what subjects your doc will secure and arrange them legitimately. It genuinely is typically best to give the uplifting news first.

Protect the main part of your archive rather happy with a specific end goal to attract your watchers.

Hard news, ruinous outcomes, or exhausting measurements ought to for the most part happen following a more lively segment of your report. Men and ladies will be all the more most likely to pay for enthusiasm into the negative news at whatever point they aren't shelled with it immediately. Give negative data compactly and clearly so individuals today comprehend the fundamental focuses.

Typically follow up hindering or uninteresting news by utilizing a couple of helpful sentences previously you quit for the day. Doing as such will make the data more absorbable for your gathering of people.

## 4) Grammar and Spelling

Ensure you work a spelling and punctuation check before your records are look at to maintain a strategic distance from any miscommunication. You've perused it a million minutes, yet spelling and syntax really are indispensable into the clarity of your business composing. Keep in mind that a flawless business archive makes an awesome recognition, disregarding your assumed group of onlookers.

Title: A Quick Guide to Sales Prospecting - Tips, Tools and Techniques

Link: <https://mytrendingstories.com/calida-jenkins/a-quick-guide-to-sales-prospecting---tips,-tools-and-techniques->

Content: Today, sales is the most rewarding profession in the world and each company is seeking best sales professionals who can fetch maximum numbers of customers for them. However, being a salesperson, it's indeed an intricate deal to consistently bring the customers on board.

And this is where sales prospecting takes place which can dramatically help salespersons to enhance the customer volume. However, not all sales personnel are fairly good enough to use the prospecting methods. So, if you are also into the sales profession it's very essential for you to understand everything about sales prospecting, its tools and techniques to succeed.

So here we have this quick guide to sales prospecting with some proven tips, techniques and tools...

What is prospecting?

Prospecting is the process of hunting potential customers, clients or buyers to develop new business. The ultimate goal of prospecting is to move the prospect through the hoping funnel till the time they eventually convert into the final revenue generating customers.

Difference between the leads and prospects

A lot of newbie sales personnel seem confused between leads and prospects, but let us tell you guys, there is a difference between both.

Prospects Vs. Leads

Leads

Leads include the potential customers who have shown interest towards the company's products and services by visiting the company's website, checking the product details, have subscribed through a blog, vlog, and other communication mediums.

Prospects

Leads usually become prospects when they are qualified as the potential customers, it means that they are reoriented with the enactment of our target buyer.

Whether it is leads or prospects, the end goal of both is the same that is to fostering the potential customers until they buy the service or product.

How the funnel actually looks like :

Research- To regulate the quality of lead

Research is the basic stage of achieving big numbers. In order to carry out a good research, we have to identify our goal to determine the quality of lead where we have to measure the qualifying dimensions of the leads to evaluate that the lead or prospect will become a revenue-generating customer.

There are certain customer relationship management software that allows the companies to track their potential customers no matter whichever stage they are.

Prospect- To connect

In order to connect with the prospect, a company or a sales personnel has to enter through two specific gateways-

Gatekeeper: This indicates to a person who is in charge of communicating or forestalling the information from reaching it out to the final decision maker like- receptionists or personal assistants.

Decision-maker: The person who has a charge of making the final decision. We usually have to reach this person through the gatekeeper.

Get connected- Schedule the next meeting

Once the salesperson gets connected to the decision maker, now it's a time to connect by fixing a meeting.

Educate and Evaluate leads

Once you got connected to the leads through meeting now it's time to educate and evaluate them. If you think, they are open to get your services or products. You are done

Title: 5 APPS I CANNOT LIVE WITHOUT!

Link: <https://mytrendingstories.com/krishta-gay--lewis-harewood/5-apps-i-cannot-live-without!>

Content: In my "Secret to Sanity" blog post, I talked about things I do to keep my sanity in all the craziness that I call my life. In it, I explained how important my cell phone is because of the apps I use to keep me in check. Today I want to go through five apps that will help keep your keep your life in order.

Amazon "If you're as avid an Amazon shopper as I am, you cannot afford to not have this app. It makes for quick and easy shopping with recommendations for purchases, updates on the shipping and delivery status of your purchases and so much more

good stuff! Wherever you shop frequently, you must have their app!

Out of Milk Â â€“ This is my grocery shopping app. You can manage different shopping lists, save the price of the items you buy, apply coupons, scan the barcode of a product to enter it into the database and so much more. It is a great app for budgeting and tracking your supermarket spend before you even get to the supermarket. If you donâ€™t have this one, you need some kind ofÂ grocery shopping app . There are many great apps out there; tryÂ Fooducate , GroceryIQ , or any other fromÂ this list .

Period Tracker Â â€“ Whether you are planning to have another little one or not, a period tracker is great for reminders of important days such as your ovulation days. This is also good for keeping track of your menstrual cycle so that you can identify changes. I have found this to be very handy for some doctorâ€™s visits; I have irregular periods so detailed tracking is a must for me. One of the best things about it is that you can input symptoms to track PMS.Â Other apps you can try areÂ here .

Amazon Kindle Â â€“ I love reading and I donâ€™t always want to scroll throughÂ Twitter ,Â Instagram Â or Faceboo k when I am bored; thatâ€™s where my Amazon Kindle app comes in handy. Whether you use this orÂ Audible , it is good to have a reading or audiobook app to help you unwind from the social media madness.

ColorNote Â â€“ This is my all-time favourite app! I mentioned that I love lists and this is my list app! It also has a calendar; you can do notes, there are different colors so you can color code your notes; itâ€™s just fantastic! I wonâ€™t even recommend any other one, tryÂ ColorNote !

So, these are my top five favourite apps that are constantly in use. I highly recommend you try these or something similar to help you stay organized and sane! Before I run off, I would like to give an honourable mention toÂ Hootsuite , my social media management app, andÂ WordPress Â as these apps are constantly in use on my phone and can rival any of those mentioned in the top 5. So, what are your favorite apps?

Title: Please Don't Leave Children in Hot Cars!!!

Link: <https://mytrendingstories.com/danielle-shears/please-don't-leave-children-in-hot-cars!!!>

Content: On my way in to work this morning, Shay MooreÂ and Brian B ShyninÂ from KCâ€™s Hot 103 Jamz radio stationÂ were speaking on a topic that seems to keep coming up.Â I am posting this as not to be judgmental but to try and understand because I am a bit confused.Â The topic is about so many individuals from different states who seem to leave kids in the cars during hot

weather.Â My confusion comes from the fact that I have 3 kids, I have had things on my mind many a day.Â I have beenÂ tired, angry, or sad but I have never left any of my children in a hot car.Â I have heard stories about people getting all the way to work not realizing their infant child is still in the car seat.Â Recently, an associate of mine was just arrested for leaving a child in a hot car while her and a friend was shopping.Â I worked with her in the past.Â She was a sweet young girl and when her face (mug shot)Â flashed across my screen I was in shock.Â This sounded nothing like her character at all.Â Of course, we will never know the full story (truth) because we know the media can twist and turn things in their favor.Â I hope that she gets through this incident and I said a prayer for her.Â I am not angry at her but disappointed when I heard what had happened.Â I just donâ€™t understand how orÂ whyÂ this happens.Â If there is anyone who can shed some light on this topic so I can get a better understanding, it is appreciated.Â What are your thoughts?

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âœAccording toÂ KidsandCars.org , 16 children have died in hot car related deaths nationwide this year. Thatâ€™s more than double the number of seven at the same time last year."

Title: Grateful

Link: <https://mytrendingstories.com/terrence-lotz/grateful>

Content: I always thank my God for you because of his grace given you in Christ Jesus. For in him you have been enriched in every wayâ€"with all kinds of speech and with all knowledgeâ€"â€•

â€-â€-1 Corinthiansâ€- â€-1:4-5â€- â€-NIVâ€-â€-

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Paul thanked God for the Corinthian believers. During the Thanksgiving holiday, we focus on our blessings and express our gratitude to God for them. But thanks should be expressed every day. We can never say thank you enough to parents, friends, leaders, and especially to God. When thanksgiving becomes an integral part of your life, you will find that your attitude toward life will change. You will become more positive, gracious, loving, and humble. Whom do you need to thank today?(Tyndall Study Bible)

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I learnt very early in my Christian walk that I take too many things for granted. As the saying goes, I was born with the silver spoon. There is nothing my heart desired that I did not have. One thing I never had was inner peace. Spiritual peace. All the bad stuff I did

was looking for that next fix or thrill. All of that meant nothing. The true excitement and thrill is with God. Yes, you will be saying what does he know. I am telling you that I know. I am still very blessed. Why? I was blessed with talent and have learnt from the mistakes I made in conjunction with the many life lessons in that time.

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What stands out to me today as Paul says, we are to be grateful. I count my blessings daily; we are so fortunate. If you are thankful for the small things, you will be overwhelmed by the larger things. Just like I am overwhelmed by God's grace.

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When thanksgiving becomes the centre of your life, you will be made more positive and humble. It reminds me of the words Holy, Humble and Pure. Add grace and gratitude to these. Can you imagine the result and peace that it will bring?

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â€œLord I pray that you make me grateful so that I can be an example to others. In Jesus name, I pray. Amen.â€•

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Title: Getting back in the saddle: What can you do to speed up your comeback from injury?

Link:

<https://mytrendingstories.com/dawn-richard/getting-back-in-the-saddle:-what-can-you-do-to-speed-up-your-comeback-from-injury?>

Content: Cyclists at any level should see effective recovery as an essential part of their training. It can be easy to confuse recovery as injury prevention and not performance enhancing but giving yourself time for muscle fibers to repair after exercise is where the actual gains are made. Remember: exercise breaks down the body ; rest and good nutrition is what makes it come back stronger.

Time may be a great healer but it's not always on the side of an athlete who needs to squeeze a heavy workload into a short week. This makes time management crucial and, in the professional peloton, athletes are now backed by entire teams of people (doctors, physios, nutritionists and more) who's entire focus is on getting their cyclists to new performance heights.Â

Wading through different types of recovery for cyclists is a long and, at times, confusing process. Anecdotal evidence can be equally as baffling, with strategies and effectiveness differing wildly depending on personal situations, training impact and the type of cycling the athlete engages in.Â Â

From ice baths and massages to sports drinks and supplements, options range from the medicinal to the more traditional. With so

much individual difference in effectiveness, where do you even begin in formulating your own recovering strategy?

### Massage guns

Massage guns weren't even on most people's radar two years ago but they've now become all the rage. And with good reason. A massage gun offers many of the benefits of a deep tissue massage with your rather expensive physio, but with the added benefit of being a one-off payment that only needs a recharge every now and again. The convenience of massage guns is undeniable - both as a post workout rub down and a pre-workout loosener. It's no surprise then that everyone from Geraint Thomas to Egan Bernal have been known to use these handy tools during training camps and races.

### Cold therapy

Cold therapy or cryotherapy has been around for some time now. But in recent years it's found a place in almost every sport as a popular recovery tool and treatment for sports injuries. For high impact and contact sports, cold therapy is a fantastic aid in reducing swelling and enhancing the rate of recovery for acute injuries. Yet regular use of cold treatments is also a vital way to manage longer term, chronic problems - keeping niggles from becoming full-blown injuries.

A combination of cold and hot treatments is now advised by many physical therapists.

### Recovery With CBD

Cyclists, and particularly mountain bikers, engage in a high stress sport with obvious implications when it comes to muscle soreness and potential injury. Mountain bikers frequent the type of activity that can lead to a high level of impact injuries which can require longer-term recovery. Thanks to increased awareness around the benefits of CBD products for sporting recovery, it is also one of the sports to witness high levels of adoption by mountain bikers over the past year.Â Â

As CBD products become synonymous with mountain bikers and the sport in general, it's worth taking a look at what and how CBD can help with sporting performance and more specifically, what the impact is on mountain bikers specifically.Â Â

### What is CBD?

CBD refers to Cannabidiol, a cannabis compound that is now believed to be a plant like no other. CBD products come in different shapes and sizes but are generally consumed as CBD oil to offer significant medical benefits to users without any negative side effects. Contrary to public perception, CBD oil should not be confused with THC (Tetrahydrocannabinol) which is the psychoactive component of cannabis that gives you the feeling of being "high". CBD-infused products will not get you high and will not affect your body in this way.Â

Instead, CBD acts on your body's endocannabinoid system. This is a complex network of cannabinoid receptors and connected molecules responsible for helping regulate a huge variety of bodily functions, such as memory, sleep, immune function, temperature, and appetite. CBD oils and products stimulate activity in the endocannabinoid system in a positive way to enhance the benefits of this system on the body. The overall effect depends on the concentration of the oil and individual concerned but high concentrations of CBD oil have been known to activate the 5-HT<sub>1A</sub> serotonin receptor. This is the area responsible for producing anti-depressant effects. It also influences appetite, anxiety, sleep, pain perception, addiction mechanisms, and nausea.

#### Why is CBD effective for Mountain Bikers and Cyclists?

CBD oil and products help the body's endocannabinoid system perform neuron modulation duties, promoting pain relief and relaxation amongst other associated side effects. As an athlete, it is the pain relief and relaxation which is of most benefit when it comes to speeding up recovery time between training and events.

By improving access to products which can reduce pain in relation to injuries and reduce soreness from high-impact training, athletes are able to continue performing at a higher-level unhindered by training-related muscle soreness. By reducing recovery downtime and improving access to the bike during recovery periods, CBD oil and wider CBD products are opening up mountain bikers to broader methods of recovery benefiting individuals who engage in high-impact sports.

CBD products have been linked to supporting a whole range of different ailments that can affect an athlete's ability to perform - including, sleep, mood disorders, anti-inflammation, eczema, epilepsy and arthritis. It must be stated, however, that the scientific research supporting such benefits is still relatively new and research is still ongoing into the full effects of this plant compound. As is the case with similar products on the sports recovery market, clinical efficiency is taking precedence over scientific research as the results of literally hundreds of different CBD-related trials await analysis and publication.

#### Sourcing CBD

When sourcing CBD, it is best to look for products that are organic and all natural from suppliers with a commitment to preserving the high quality of the source plants. Smart CBD is just one of the suppliers offering an extensive range of high-quality, natural full spectrum CBD oil products that can promote wellbeing and health with a 100% organic guarantee.

For those worried about the legalities of CBD, a quick look through the WADA banned substances list and it is easy to see that every natural and synthetic cannabinoid is prohibited with the exception of Cannabidiol, or CBD. CBD was in fact removed from the list in 2018 due to the growing body of evidence highlighting its benefits for the wider population as well as the sporting community.



## The Future for Sports Recovery?

With an expanding number of advocates in the athletic community supporting CBD and its benefits, it would appear that as a sports recovery product, CBD is here to stay. The product has a growing influence across the spectrum of high impact sports but moreover, it also has a measurable and positive influence on individuals looking to boost their holistic approach to recovery solutions.

Title: How to Enjoy The Benefits of Mind Power

Link: <https://mytrendingstories.com/naomi-s.-govern/how-to-enjoy-the-benefits-of-mind-power>

Content: With the power of our mind can attract what we dread or what we desire. Many of us spend time imagining dreadful worst-case scenarios with all the realization our imagination can provide. From a sour conversation gone wrong to a rejection of a pursuit. We can ultimatelyÂ defeat ourselves in what we think and feel to be true.

So why do we often spend time creating by imagination on what we don't want and end up feeling miserable?

The challenge then is to focus our divine creative power of imagination and think and feel our way into the state and circumstances we desire.Â Imagine Â the best case scenario. Feel it happening. Believe it is happening to you right now. For time exists only now. In the nowÂ of time reject all the obstacles, barriers, and difficulties toÂ your wish fulfilled and dwell in the end.

Working your mind to filter out negativity associated with obtaining your wish fulfilled can truly become a beneficial activity to practice. In training our mind to surrender with acceptance our preferred or desired a state of existence we can live much happier. Once we cleanse our perspectives we can begin to utilize our creative power knowing nothing is impossible for the I Am of us.

Title: Fit Girls Challenge - week 1 fail

Link: <https://mytrendingstories.com/sarah--kirkland-/fit-girls-challenge---week-1-fail>

Content: A failure to plan, is a plan to fail they say, and after this last week I am in the mind to agree. I rushed to start this journey with you, and in my haste did not plan according to my schedule, I had three late appointments last week and was not able to 1. cook dinner, and 2. meal prep for the following days, instead of trying to stay on a somewhat healthy plan I decided to "live it up" and eat whatever I felt likeÂ (sound familiar to anyone?). Â And guess what? Â I'm up another two pounds from last week and that much more frustrated with my life. Â Now for some this might be the end to the goal and they might walk away. Â For me, this has made me more

determined this week! I spent yesterday meal prepping for the next few days, I have updatedÂ my weekly scheduleÂ (with no big plans, save for a movie on Thursday night) and I've picked a workout plan that will work with my schedule and lifestyle (mostly sedentary) at the moment. Â Here's the run down:

Week 1 food: Fit girls Detox - still - I actually really like this meal plan, I can go back to it over and over again and still appreciate the food that I'm making (with the exception of the salmon dinner - I'm still slowly working fish into my diet and I'm having a really hard time of it - if anyone has any suggestions put it in the comments below). Â Day 1 is about half way done and as usual I feel good, not particularly bloated and not starving (which is always good)

Week 1 Exercise: Beach Body on Demand - Â let's face it, I have a gym membership that I'm not using at the moment, and really won't be motivated to do so until I drop a few pounds. I think if I can get through the next 30 days with the free beach body trial I'll see about rewarding myself with a trainer at the gym, and maybe even look into a group class or two to keep me motivated. Â Right now I'm wavering between yoga in the morning, it always seems to center me and get me in the right frame of mind for the day, and I'm thinking about trying "Hip Hop Abs" to the mix in the afternoons (if anyone's tried it let me know)

Week 1 Mind/body connection: one thing you'll get to know about me, I was raised by Berkeley Hippies, and I am definitely a product of their beliefs (hence the yoga) This week I'm still practicing the Oprah/Depak meditation - let me know if your interested in hearing about it, it's quite interesting; and, I've taking to a daily devotion, usually this is all done in the morning before I start anything else on my day again to make me centered and get me in the right frame of mind for the day.

So hear's to the week one restart! If you're interesting in reading about meal prep check out my personal blog <http://fallingwithstyle.co> .

Title: Stop Telling Me To Be Vulnerable

Link: <https://mytrendingstories.com/liza-ruedas/stop-telling-me-to-be-vulnerable>

Content: People tell us to be vulnerable, that thereâ€™s no point in living if youâ€™re always protecting yourself from the potential negativity from taking risks. They tell you that youâ€™ll live through it, that itâ€™s worth being torn up over, knowing you wonâ€™t have any regrets.

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I havenâ€™t had to protect myself from much, but when I do, I build myself a mile-high tower, hide myself in there, and hire a dragon

to keep everyone away. I'll even chop off my hair so any impulsive decision to bring someone in to "save me" would be impossible.

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Telling me to be vulnerable is telling me to "take a leap of faith" out of that tower and hoping that there will be something to stop me from crushing myself to the ground. Every single time I've jumped out of that ledge so far, my face hits the floor and every metaphorical part of my body is broken. That's it, I'm crushed.

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All I wanna do is get back in that tower and give my dragon friend a hug, but I'm all the way on the ground floor and there are no lifts. My bones are shattered and I can't get up. I can't call a doctor- of course I built my tower in the most isolated area in all of the land. So I'm just lying there, all bruised and bloody on the floor, making vague emotional posts on social media.

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Being vulnerable is stupid. Being vulnerable gets you looking like a shattered makeup palette on the floor, and that shit ain't cute.

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I'm not saying it's never worth taking risks, that would also be stupid. I'm saying be prepared to fall. Prepared to hit the ground and be hurt. People are gonna tell you, "that's not gonna happen, look at the brightside of things!" Yeah, well don't blind yourself staring at the sun, when you really should be looking at where you know you'll be landing.

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I'm not a pessimist, but I am a realist and I don't like falling. I mean, you have to pay me a million bucks for me to even consider doing a bungee jump, and I'm not even hitting the floor.

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Also, I'm really good at this metaphor thing.

Title: I Was Not Beautiful Yesterday

Link: <https://mytrendingstories.com/kate-buccigross/i-was-not-beautiful-yesterday>

Content: I was not beautiful yesterday.

The sullen face staring back at me from the mirror was ruddy, puffy, and jowly.

My arms were too fleshy, my thighs too bumpy, and my stomach was altogether too domed.

Despite the fact that the camera got fixed, there were no selfies yesterday.

Though I had plenty of time in the long, lazy morning, I couldn't get up the energy to put on mascara or blow dry my hair.

I pushed past all the stylish, flattering clothing in my closet and emerged with a t-shirt and shapeless gray jacket.

Yet, I strolled in the sun yesterday.

I walked through the woods with my dog and my daughter.

I did yoga in the dappled semi-light under an arching tree.

I wrote well yesterday; an honest introspection about my body and my response to pain.

I sat on a welcoming rock yesterday and heard birds calling through the trees and it was GOOD.

I spoke on the phone yesterday to the man who loves me. The man who looks at me and always seems to think I'm beautiful. The conversation was thick with meaning, rich with intimacy, and woven with laughter.

I cooked and enjoyed a satisfying, delicious, and body-loving kind of meal yesterday: a rainbow on my plate of acorn squash, crisp sauteed green beans, roasted corn and bean salad, quinoa and lentil medley, and baked chicken breast.

So I was not beautiful yesterday but, O, I was joyful.

And a most pleasant surprise happened this morning....

Walking past my bathroom mirror, clad in fuzzy pink bathroom, hair not yet brushed, sleep still imprinted on my face, I saw me again.

There I was, beautiful.

Title: My Vegan Diet Trial... Day 1... Part 1

Link: <https://mytrendingstories.com/carol--eddington-/my-vegan-diet-trial...-day-1...-part-1>

Content: So today starts the first day of 2 weeks that I will be trialling a Vegan Diet. To be honest with you, I am only doing 2 weeks because I'm concerned I won't be able to do any longer. I am a huge meat eater. I'm not overweight however I am on the heavier end of the healthy BMI range, which certainly does make me uncomfortable at times. I also have very good health as I regularly exercise and get my bloods checked for cholesterol and such. I also relate my exceptional health to my walk with God as I'm a Christian and know the Covenant God made with me keeps me healed.

To sum it up, the reason I have decided to launch out into this (2 week. lol) adventure is because yesterday I ate way too much Chevup (European sausage). I laid awake last night wondering why on earth I would eat so much and how the garlic from the sausage keep riding back up. Sorry for the graphic picture but it made for an uncomfortable night.

As I was laying there with Chevup riding up and down my oesophagus I made a decision to quit meat. I woke up and started googling and discovered a really cool couple that promote this type of living.

He was saying if I eat a lot of water based fruits and Veg I should be able to kick the kiloâ€™s and get even healthier without counting any calories. Considering my cholesterol, blood sugar levels and vitamins are all up to scratch thereâ€™s no point overly documenting that. I will most likely have to document my craving for sugar and meat. I feel this will be challenging, especially as I have a spit roast to attend at my European familyâ€™s home. Have you seen â€œMy Big fat Greek Weddingâ€•? Well thereâ€™s a picture for you. Ha-ha

My families not Greek, we are Hungarian which no jokes means we are a Hungry people. Iâ€™m a 35 year old woman who is married with 4 kids, however that will not stop my dad from telling me off for not eating all the meat I KNOW will be there. Please be praying for me. Lol

Itâ€™s currently morning and to be honest Iâ€™m doing not too bad. If only it wasnâ€™t still before breakfast time. Â

So Monday, Day 1â€¦. Iâ€™ll be eating No meat, No Dairy, No Eggs (insert crying emoji here) and No processed sugar or foods at all.

Keep posted for Part 2.Â Donâ€™t forget to pray. Lol

Bless you guys

Love Carol Eddington.xx

Title: How I got 50,000 EXP in 30 Minutes, Pokemon Go!!

Link: <https://mytrendingstories.com/mohamed-abouzid/how-i-got-50,000-exp-in-30-minutes,-pokemon-go!!>

Content: Since game launching, we all went out searching for Pokemons, collect them, raise them up and evolve, which is not so efficient especially for those who want to use their time wisely.Â

Today, I was able to collect more than 50,000 EXP in just 30 min. Which made me jump from level 19 to 20 and almost just 18,000 EXP for the next level.Â

The Key of this Method is called "Farming."

Farming is a great technique used in many MMPROG and role playing games. I wanted to apply it in Pokemon as well for high efficiency, and it works well.Â

Â Don't ever waste candies or evolve ANY Pokemon once you had it. Keep collecting the Pokemons as much as you can. And Keep your Stardust "IT'S SO DIFFICULT TO COLLECT SO DON'T WASTE THEM PLEASE!!"Â

Once you feel you can evolve around 40 Pokemons, so here is the plan.Â

- 1- Organize your Pokemons by Name or Numbers, so you will have more precise information about what you will evolve.
  - 2- for Pokemons like Pidgey, don't evolve it to third evolution unless you didn't have before because it doesn't matter the stage of evolution. "More Candies, Same EXP. So it's better to spend 24 candies evolving two Pidgeys (1000 EXP) Â better than spending 50 Candies to evolve one Pidgeotto to Pidgeot "500 EXP".
  - 3- Remember that for new Pokemons, you will have an extra 500 EXP when it registered to Pokedex just at the first time.Â
  - 4- LUCKY EGG EXP, YES. After ensuring everything is okay and you are ready to release your hardworking farming, Activate the EXP EGG and you will have 2X EXP. So, one evolution will give you 1000 EXP. Evolute as many as you can in 30 Minutes. You can also wait the time before you have hatching eggs so More EXP will be gained if the eggs hatched while Double EXP is activated.
- Don't worry, by this way also you will be able to fight at GYM's and control them. I already Upgraded my Bag with 200 Coins after GYM's Battling

For me, I evolved 50 Pokemons, and had new 2 Pokemons in my index, and I got more than 50,000 EXP in just 30 minutes. After one week of farming.Â

You could even do more, as I am not that active, I just try to consume my time wisely. So, If you like the game and want to Power up your level to gain higher CP Pokemon faster. this Method will help you. Â Â Â

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Title: The Golden Globes 2017 - Let's Talk About It

Link: <https://mytrendingstories.com/simon-stylez/the-golden-globes-2017---let's-talk-about-it>

Content: "The Golden Globes are to the Oscar's what Kim Kardashian is to Kate Middleton"

- Ricky Gervais

It's that time of year again. That's right! The Golden Globes happened last night, Sunday January, 8th 2017. This is the first major award show of the New Year, and my eyes were GLUED to the screen. From the very beginning, Jimmy Fallon had my attention with his La La Land referenced Cold Opening. Though, if I'm completely honest, he lost my attention mid-skit whilst playing the piano. I don't think the opening lived up to the high energy shenanigans in past years... There, I said it. I didn't enjoy Jimmy Fallon. Bring on the rioters with fire and pitch forks.Ã

The evening was quite interesting, to say the least. The high jinks started just after the opening as the show experienced its first technical difficulty: Fallon's teleprompter went out. He attempted to save himself later in the show with a joke about Mariah Carey's New Year's Eve debacle. Honestly, can we let that die already? I felt saved however, when Goldie Hawn and Amy Schumer sauntered out onto the stage. While attempting to present their award, Hawn chuckled as she couldn't read the prompter. I can't explain to you my undying love for that woman. Who's with me? She can literally do no wrong in my eyes.Ã

The show continued to be the dramatic event I hoped for. As Ryan Gosling accepted his award for his role in La La Land, camera's cut to Ryan Reynolds and Andrew Garfield. The two were kissing in the audience as those around them erupted with laughter. I personally enjoyed the display, what can I say? They're cute. I know I'm not the only one who was clapping - you were all thinking it too!

My jaw dropped to the floor, though, when Brad Pitt made a surprise entrance to present an award. This is the actor's first official event appearance since he and Angelina Jolie's nasty split. I don't pretend to have the slightest idea as to what actually happened between them. But, I do sympathize with Pitt as he and Jolie fight for custody of their children.Ã

I'm sure you can all guess what my favorite part of the evening was! Yep! When Meryl Streep kicked President-elect Donald Trump right in the Golden Globes. Streep was being acknowledged for her notable lifetime of work. She dragged him in the dirt as she brought back to life his disgusting mimicry of a disabled reporter. Streep called for a protection of the nonprofit Committee to Protect Journalists "because we are going to need them going forward and they're going to need us to safeguard the truth." So basically, she slayed him. This is not the first time the actress and badass has called out the President-Elect before an audience. Earlier last year, Streep dressed as the future tyrannical leader of the free world. She donned a fat suit and orange foundation. On top of her head was a white and gold, wispy wig. I, for one, couldn't be laughing louder at the displays. Except, my laughter is silenced by the fact that Trump has since taken to twitter in his almost ritual Twitter rant. How presidential.

I thoroughly enjoyed the Golden Globes this year. It was the star-studded evening I was hoping for, packed full of painfully uncomfortable and hilarious moments. I will definitely be watching recaps and giggling for at LEAST a week.

Make sure to check out the second part of my Golden Globes 2017 coverage - "Top Trends and OUCHfits"

Title: Peter Pan Syndrome

Link: <https://mytrendingstories.com/derra-sabo/peter-pan-syndrome>

Content: Zelda... The Nightmare Before Christmas... Pinky and The Brain... Santa Claus... Cinderella... Tooth Fairy... Legos... Batman Comics... Goosebumps Books...

Oh childhoods, memories preserved in a cryogenic state so that we may revisit them anytime we want. A carefree era filled with every nostalgic tradition. Young minds imitating sponges, soaking up every ounce of knowledge surrounding their tiny worlds. Young eyes exploring every corner of their atmosphere. Tiny buzzing ears intaking every sweet sound played. Once we were mini Energizer bunnies, non stop life was being lived with smiles and endless laughter. Times of blue tears, dark spaces and earthquake days naturally existed, but innocent happiness for the most part.

But, as most things do, childhoods come to an end as our minds and bodies evolve. Leveling up from rambunctious kids ruling the playground to awkward teenagers. An icy hot transition of independence and confusion. Constant pressing of buttons, pushing boundaries and displaying rebellious fads. Leaving Neverland so that we may start growing up. Time is no longer allotted for pirates or pixie dust. Early mornings spent making sure that our swag is on fleek, selecting the right seat on the bus and engaging in



popularity conversations with our kind. Class after class filing imperative information in our brains. Embarking in lunch period madness. Afternoons overflowing with studying over-cramming knowledge in order to see that beautiful A+ on every quiz, test, report, project and final. Curfew nights chillin' in the company of our squad. Parties and dances filling the blank spaces on our calendars.

As Freshman begin that weird madness and Seniors exit from their baffled security into the insanity of Adulthood. Welcome, my name is Brink.. I'll be your tour guide. Please keep your hands and feet inside this ride called "The Rest of Your Life" and enjoy. ;) College, careers, finding our true love and creating a family is the itinerary we're e-mailed as part of our membership. Perks include complete freedom, independence and control over lives. Blood signatures flowing along the black line, ignorantly blissful against the fine print that states there will be times where stress, sacrifices and being pushed to the brink will occur. We tend to assume that mockery will bite us if we indulge ourselves with childhood nostalgia.

I become my ten year old self when my eyes gaze at the lights glowing on the Christmas tree... Despicable Me, Finding Dory, Hotel Transylvania, The Secret Life of Pets, you can bet your sweet butt that I'm sitting in the movie theater with my pretzel bites and coke icee waiting for the feature film to begin. Carnivals and fairs I'm at the face painting booth, gotta get my carnival swag before engaging in all of the awesomeness. I find a blissful balance in the Peter Pan simplicities. These moments make me continually hungry for the insanity of my life.

So have a snowball fight... dance in the rain... play video games with your peeps... peruse the comic book store... dress up at Halloween... believe in the magic that Christmas holds... Got to Disneyland and get you some Mickey ears and hands... come down with a Peter Pan syndrome fever once in a while.

Title: 6 Reasons Water is your best friend!!

Link: <https://mytrendingstories.com/john-hannam/6-reasons-water-is-your-best-friend!!>

Content: Posted on 20th July 2016 by John

Boy oh boy it's hot!! It's been 33/34 degrees c or pushing into the 90's F in the UK the last few days and with no wind or air it's felt hotter. Not that I'm complaining, I'd live the rest of my life in just shorts if I could. However when it's like this we all tend to spend a lot of time looking in the fridge and thinking "what the hell can I drink?"

We all realise that when it's hot like this you need to drink more, not just to quench your thirst but to keep yourself hydrated. We are all aware that hydration is so important and that dehydration is a BAD thing right? Of course! but do we really go about it the right way and do we know what we really should be drinking?

The answer is WATER!!!! We probably all know that but do we know why? Do we know just how good for us it is and what many of the amazing benefits are of drinking plain ol simple H<sub>2</sub>O? We are probably all vaguely aware from our school days that our bodies are largely made up of water, 70%+ and that should tell you why it is just so vital for so many elements of our health.

Below I've detailed 6 reasons why drinking more water daily will have immediate, positive and visible benefits to you, your body and your health. Firstly though let's deal with one of the big issues. You've probably all heard the "You need to drink 2-4 litres of water per day, or at least 8 large glasses". hmmm really? In an ideal world that might be true, but this site is all about reality and ordinary people. How realistic is that? For a start, with the best will in the world, drinking 4 litres of water a day + other drinks would mean you'd spend half your life in the toilet. There is also the practicality element depending on how and where you work, and then there is the boredom factor (I'll cover that a bit later). In my view we need to get real here. Most of us don't drink enough water so any extra is an improvement. but what should we be aiming for? If you can drink 1.5-2 litres of water a day or 3 to 4 pints, plus your normal consumption of other drinks, that's plenty. That equates to a couple of decent sized glasses in the morning (when it's most important), 1 at lunchtime, 1 at dinner time and maybe a smaller one before bed. Job done.

Reasons to drink Water.

Drinking water actively helps you to lose weight. How? Well in a number of ways. Water actually helps to fire up and fuel your metabolism. An increased metabolism helps burn more calories even without exercise. Not only that but the water helps flush away excess fats in the body. An additional benefit is that drinking water helps alleviate hunger pains. Try drinking a large glass of water 15 minutes before a meal and you will feel slightly less hungry when you eat. Do this at every meal and it will aid your weight loss.

One for the ladies. Drinking extra or more water will have a dramatic effect on your skin. Many of us, especially ladies who apparently are "so much busier" than us guys, are walking around partially dehydrated much of the time. Your skin and the fatty layer just

below it contain a huge amount of water. If you allow your overall water levels to drop that skin and fatty layer will shrivel and tighten, and you know what that meansâ€”the dreaded wrinkles. Iâ€™ve no idea who this lady is but hope she doesnâ€™t mind me using this picture. Check out the difference after just 4 weeks. Noticeably less wrinkles and grooves in the face, dark marks under the eyes are gone and the general colour and tone of the skin looks so much better. Give it a go ladiesâ€”it works.

3. Big improvements in the function of ALL of your internal organs. Your kidneys and Liver cannot function properly without enough water in your body and these are vital for flushing out toxins, cleaning your blood and generally purifying your whole body. Over the long term these can be badly damaged by prolonged lack of water but this can be quickly improved by upping your daily intake. However itâ€™s not just those. Your heart and arteries love water, as it also helps to clear away some of the clogging that age and diet produce and also helps the heart pump blood more effectively around your body. Finally your stomach and intestines use water to regulate and make your digestive system work much more effectively. You will go to the loo more regularly (both types) and less painfully and after a time will feel less bloated and cramped in the stomach area. There are even some studies that suggest that drinking plenty of water can help prevent certain types of cancer such as colon cancer.

4. Reduces fatigue and improves mood. Many people wander around constantly saying â€œI feel so tired all the timeâ€•, or feeling grouchy and grumpy, unable to easily deal with the day to day issues that life throws at us all. Research has shown that just a 2% drop in ideal water levels can dramatically increase fatigue in the body, lead to an inability to concentrate and can also alter mood in a negative way. Upping your water intake will over a period of time give you more energy (and that alone will improve your mood), but also has a direct positive effect on your brain function and actively puts you in a more positive mind set and improves your mood. Water makes you smileâ€”not sure if thatâ€™s a catchphrase yet but maybe it should be.

5. Drinking water improves joint pain and issues with muscles and ligaments. Joints are just that, joints. If you have a door hinge and it gets stiff, what does it needâ€”oil. Well joints in the human body are no different. Our shoulders, elbows, wrists, hips, knees, ankles etc etc all move and all need lubrication to do that easily and effectively. Cartilage, spinal discs, ligaments, tendons etc all contain water to give them their flexibility and sponginess. If you become dehydrated or just donâ€™t quite have enough water then guess what? All those joints stiffen up a little. Iâ€™m not going to tell you that it is a miracle cure and if the cartilage in your knee is completely shot that drinking water will solve it, that just isnâ€™t true. But it is true that if you are a normal person, drinking extra

water will help lubricate those joints, add some extra tone and flexibility to your muscles, soften and relax your tendons and ligaments and over all that may add just an extra 1-3% improvement in how your body feels. Isn't that a great result from something that just flows out of the tap??

6. The last one is not so obvious but increasingly seems like it may be important. Drinking water helps to regulate your bodies PH levels. What's that? The PH level is the balance between Acidity and Alkaline levels in your body. It is best to be pretty neutral or moving slightly towards Alkaline. There is some research that seems to indicate that excess acidity in the body may be a cause of various diseases such as cancer and heart disease. Things like bad diet, lack of water, smoking etc can all cause higher levels of acidity. Drinking extra water helps balance your PH levels and although this is not proven , a balanced PH level is much more likely to lead to longer term health benefits.

So here are just a couple of tips to help you add more of this vital, life giving and health promoting substance into your daily routines. Firstly, drink a large glass of water pretty much as soon as you get up. Head down the stairs or into the bathroom and glug down a decent sized glass before you do anything else (coffee comes 2nd I'm afraid). Not only does this get one of your days glasses done before you can think about it, but your body which has had no hydration for the 5, 6 or 8 hours (if you're lucky) that you've been asleep, desperately needs it.

Drink another glass 15 minutes before lunch and 15 minutes before dinner. You will eat slightly less but it will also actively improve the digestion of the food you eat.

My final tip, cos lets face it, gallons of water can be slightly boring, is add some simple ingredients to freshen up the flavour slightly. I'd suggest fresh lemons and/or some mint or Ginger. Simply get a large jug or 2 litre bottle. Fill with water. Slice up a lemon and add to the water, stick it in the fridge and away you go. Mint and ginger as extra's if you want to be totally radical.

I hope you enjoyed this and please please give it a try. Make drinking 3 to 4 pints of water (around 1.5-2 litres) a day your mission over the hot summer months. Do it every day and then come back to me in a month and tell me how you feel.

Take Care,

John

Please don't forget to check out my other sites.

Facebook: [www.facebook.com/ordinaryguyfitness](http://www.facebook.com/ordinaryguyfitness)

Twitter: @ordguyfitness

YouTube: <https://www.youtube.com/channel/UCaF5X0aDrRG7FRb9CVz9hIA>

Title: I am African, I am not Poor. Yes, It's Possible!

Link: <https://mytrendingstories.com/anisha-simutowe/i-am-african,-i-am-not-poor.-yes,-it's-possible!>

Content: I am extremely AFRICAN! and yes I am not poor or malnourished and I can speak about three other 'International' languages. No, I wasn't forced into an early marriage, I married out of love and yes, that college degree is as real as the architecture on Donatella's face. My vagina is perfectly in place, nobody ever tried to mutilate me thank you very much for asking. I don't have "THE HIV" hahahaha! "the HIV" this one always gets to me.

And I think I know just where to place that verb and subject in a sentence without stuttering along the way. Oh yeah, my sister is dating a man with surprisingly lower levels of melanin on his skin than us but it's not for reasons you might think. Our family doesn't need rescuing; we actually donate to charities of our own every now and then. Ah, let's not forget, that President of Africa they told you about in school, he doesn't exist! Yes, it's true! THE HORROR!!!!!!

Enough about my grievances.

I really don't know who to blame for the way some foreign folks think about anyone that comes from Africa. You go an international conference and introduce yourself as coming from African, next thing you see is these folks wearing sorrowful and solemn expressions on their faces, their eyes literally telling you, "we are very sorry."

Could it be just sheer ignorance on their part or did Africans, on their own volition make the foreign folks believe that they are always in deer need of saving be it emotionally, biologically, physically, socially, economically and whatever else you can think of? Most of the times I meet friends or gotten acquainted to someone from "another world", I am amazed by the shock they seem to register on their faces when they get to know me a little better. You can literally see their huge ball of prejudice and ignorance burst into bubbles. It's horrendous!

After my recent unfortunate encounter, I found myself wondering "who is to blame for all this; the Geographic Channel, the History Channel, the NGOs, our governments, or ourselves? This is a very big issue and someone needs to take responsibility for it and get on straight to fixing it before someone gets struggled in their own web of ignorance.

I have heard of experiences from many Africans who have travelled to foreign countries and have been subjected to treatment stemming from people's ignorance. The pitiful looks on their faces, for some the disdain, others the "don't-get-close-it's-a-plague" kind of treatment. And Ebola really didn't help things somewhere about last year's "an insufferable and nefarious disease this one. Thank God we are all about done with it. Did you know, The USA actually had cases of Ebola and Zambia (an extremely African country) didn't!?? You say?? Indeed.

But who's responsible for the misrepresentation of all Africans and who is to correct this heinous error? They say charity begins at home so let me start on a national scale; our own governments! I should state that this is merely my opinion and I am not in any way presenting it as a fact. The tendency by many Africans to elect into government people that lack merit but only out of loyalty is one of the things I am holding responsible for how people elsewhere regard us.

How is it possible that for so many years we have been boasting of natural resources, the copper, the gold, the land yet we do not own any of it? They are mostly in the hands of other people and we rely on them to show us how to run them. Now let's not get all xenophobic! international relations are imperative especially for developing countries like Zambia. However, I feel that there is need for some major reorganization in terms of managing our own resources.

It could be a fact "to some extent that we lack the capacity to run our own affairs but when are we going to start building the foundation so that in future, we can possess the means to do so on our own? I get totally embarrassed when our states men travel long distances to get medical attention in other countries and the embarrassment levels reach even higher heights when they return their bodies in bags and not in some fancy seat in the first class section of some fancy airline. It's embarrassing. The questions I keep asking myself are; since when have government representatives been getting sick? How much does it cost to cover all the possible expenses of that patient and his whole entourage?

If we were to put all those expenses together, couldn't we possibly afford to build our own state of the art hospital where these people can be taken to when they fall sick? I will not even begin to talk about the health of almost everyone we put in positions of power. It is not as if we don't know the truth. Our problem is that even when we know that we are making a grave mistake, we continue with our plans and then spend the rest of our lives on our knees begging God in prayer expecting a miracle. These days, such miracles come with a price tag and they do not bear the face of God.

It is true that I am not in any position to know or even imagine how a country is run, but unfortunately, I have been put in a seat that requires me to suffer the consequences of how that country in question is being operated "whether good or bad. I have found

myself in a position to see first-hand how much is spent on allowances for government officials who are sent out to perform duties that they were initially put in their positions to do yet some of them have refused to perform those duties when they felt the allowances were just too low or the lodge they were booked into was not to standard. Now picture in your head the kind of universities or hospitals we would have if we were to cut off on all those fancy allowances we seem to spend on unnecessarily and yet we proudly raise our heads during meetings and call ourselves "developing countries?" For how long are we going to be a developing country? The shame. The shame.

I am of the belief that sometimes for one to succeed, he or she must suffer a loss or make some kind of sacrifice. I am not looking at the big picture right now, I am simply looking at parts of that picture that are visible from where I am sitting and what COULD be done to change some things. If there are ways we can avoid all that donor funding, the huge debts, and the like—if it meant going hungry as a nation for three days so we could correct these things and set ourselves on the path for stability, couldn't we do that?

And then we have ourselves as Africans to blame. Here I am talking about two major things; 1: Being lazy every day and expecting our governments to perform miracles. Even little things we can do for ourselves we are like; 'the government should look into it.' 2- Those people we see on the streets rushing to tourists or anyone with a "white" colour to their skin begging with impunity. I especially despise those kinds of people. Let me focus on the laziness part first. Here's an example; you live in a small community and for over twenty years you have had no running tap water whatsoever. However, there are streams and rivers surrounding your area where you draw water from. You keep complaining that the water isn't clean and it's making your children sick so the government should look into it. But what's really making that water dirty? A look to the left a short distance away is a huge pile of refuse that's interrupting the natural flow of water.

Now I'm not saying that there are no people out there who are in desperate need of clean water, there are plenty who genuinely need help sourcing clean water. However, there are instances where certain needs can be met...in this case, people putting their heads together to ensure that their only source of water isn't polluted or contaminated by their own carelessness instead of crying their lungs out on national tele demanding the government 'to do something.'

I think that we lack the self-drive to make things happen for ourselves, always waiting on someone else to do things for us. There are so many ways one could think of to get water to that village only if they put their heads together. Even if it's gonna be dirty water, just get it so that when next the cameras come, you can proudly ask the "government to compliment your efforts because it's their responsibility as well as it is yours.

Recently, there has been talk of the government installing surveillance cameras on the streets and much of the response has been, "you wait, these are Zambians, they will steal them the very first night they are installed!" And we all have been saying that without shame. Well, shame on us people. I don't know if we have a natural inclination towards self-destruction but we have somehow managed to render ourselves poor and incompetent by our own hands. All that vandalism, the dirty streets and dirty towns—we are responsible for all of that. Imagine what would happen if people stopped throwing their garbage anywhere. Then we wouldn't be crying to the government to come clean up our streets! It's like what they say about love, you first need to love yourself before anyone else can love you or before you can dare love another. That's just how things work.

We do not need Barrack Obama to send his people to teach us about what diseases we are likely to suffer if we continue throwing our rubbish anywhere. The truth is that we already know but we are too wrapped up with being rescued by others while we cover our faces crying about poverty and what-not.

On the second part "black folks approaching white people on the streets to beg for money. Forget all people with disabilities and let's focus on that one man with fully functioning body parts. If there was no white person passing through, he would have approached a fellow black person to beg for money but the minute he sees a white person, there he rushes. Here's my issue; I am naturally offended and embarrassed by such sheer laziness, and you going ahead to sink in the brain of that tourist that that's how Africans are only makes my blood boil to a record high.

If anything, I would rather you approached me for assistance and leave that person/tourist alone. I always imagine the stories the tourists take back home concerning the many instances they get ambushed on the streets for a dollar or two. It's preposterous. It should stop.

And then we have NGOs, the TV channels and the movies authored by foreigners who have only heard about Africa from third parties or lived only in one African country. The poor research done on Africa by some of the blockbuster movies I have watched with an African setting really makes my stomach churn in dismay. I have seen episodes of the American series *Black'ish*, a series obviously aimed at presenting the black community in a positive new light make stupid and careless blunders when referencing aspects of Africa which could have been avoided had they done some actual research rather than visiting a few pages on Google. Oooh, how I cringe whenever they do that.

I am tired of seeing the image of poverty being that face of that malnourished kid from Africa on white people's TV's. FYI, we also have very fat poor people in Africa. The issue here is that this is what people outside Africa are constantly seeing whenever



someone says the word "Africa." Oprah Winfrey visited Africa " motion or still images of her feeding or carrying a sad and sick looking kid. Madonna visits Africa " same story.

When Hollywood celebrities donate, they don't donate to a country, a foundation, or a cause, they simply donate to Africa. The face of HIV is Africa even when other developed countries have rising HIV figures which are not always revealed to the world because they don't need anyone's help to keep the virus under wraps or offer treatment to those infected. However, over here in Africa, we need the world to see those figures because how else will we come the money coming! Some of these many mushrooming NGOs dressed up in humanitarian uniforms are painting our nations as disease-ridden ones simply because they are greedy. And where do they even get those figures from?? Sadly, this is what kids overseas grow up seeing and hearing and these are the kinds of people I meet and they shyly ask me if my vagina is intact.

It is not nice when we are greeted by all this prejudice just by virtue of being African and it needs to stop. This change should start from home. For all those people seeking donor funding or seeking to borrow, please save us some dignity. Yes there are a lot of poor people in Africa but when presenting those figures and showing those images, try to put some smiling faces and healthy looking people because it's very possible for one to be hungry and still afford to smile for the cameras. I know that it might be hard for you to get funding if people appear happy in the accompanying images you've saved for your Power Point presentations, however, just because these people are poor does not mean they don't have any dignity. It would also help to find alternative means of empowering poor people instead of feeding them so that eventually they can stop depending on others.

For those people outside Africa who might not know, maybe because they had no chance to or because they were raised to believe otherwise, not all Africans are poor. Yes, most African governments are poor but it's not all of them. We have water, electricity, judicial systems, cars, cinemas and very good looking houses and mansions over here but you will not get to see such on tele because "it doesn't sell well." Television stations need those ratings and some greedy folks back here at home need the funding to keep coming.

As Africans, we should take a larger chunk of responsibility for how people perceive us out there. We need to change the way our brains function and learn to love ourselves more. Let us not wait on people to pave the way for us. If we want to see change, we should work at it and make sacrifices along the way. I reiterate, "œcharity begins at home."

My government might lack money to run the country successfully but on a personal level, I think I have worked hard enough to rise above the "poverty" line. And I think my country will too if everybody resolved to see that most needed change.

Title: Quick Weeknight Vegetarian Dish

Link: <https://mytrendingstories.com/julie--cresser-/quick-weeknight-vegetarian-dish>

Content: Vegetables with tofu or any protein of your choice is a quick, healthy, and easy dinner for a weeknight. This dish is great to eat in the summer time when it is hot and you don't want to eat anything heavy or when you come home at 5 from work and just want to sit on the couch and relax this is a great dinner to make. You can use any veggies you have in the house or anything you like. I used a red onion, zucchini, grape tomatoes, broccoli, and tofu. A good tip, go to your local farmer's market especially during summer time and pick up some fresh veggies. You can even prep beforehand, by chopping the veggies the night before then it becomes even easier. Then you just pop it in the oven and relax till it is done. Quick, easy, healthy, and delicious!

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Ingredients:

Red onion

Broccoli

Zucchini

Grape tomatoes

Protein (I chose tofu)

Olive oil

Seasonings

More Veggies To Add:

Mushrooms

Peppers

Cauliflower

Brussel Sprouts

Squash

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Directions:

Chop veggies and choice of protein

Toss is olive oil, salt, pepper, and any other seasons you like

Lay veggies and protein out flat on a cookie sheet (I like to line the cookie sheet with tin foil)

Place in a 450 degrees pre heated oven for 10-15 minutes

Enjoy!

\*My preference for tofu I like to cook it in a frying pan with a little olive oil and seasoning rather than throwing it in the oven with the veggies.

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Hope you enjoy!

Safe Travels,

Jules

<https://travelwithjulesblog.wordpress.com>

Title: WHAT DID YOU DO TODAY?

Link: <https://mytrendingstories.com/mitch-goldfarb/what-did-you-do-today?>

Content: Make a new friend?

Help someone?

Improve the planet?

Did you know that what you do todayâ€¦

changes what happens tomorrow?

Title: A little push, a little bit more of patience, and a lot of love.

Link: <https://mytrendingstories.com/isis-grace/a-little-push,-a-little-bit-more-of-patience,-and-a-lot-of-love.>

Content: â€œThe only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to

believe that it is possible.â€•

â€•Â Richard M. Devos

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Thereâ€™s a fighter in all of us. Sometimes we just need a little push. A little inspiration. At some point in our lives, we all go through a rough patch. Some that we manage to handle quite easily and there are those that practically consumes our whole being to the point of feeling hopeless where the only option that we see is giving up. It can get so overwhelming and it is slowly breaking us into pieces that we canâ€™t find any more reason as to why we should continue believing that what weâ€™ve always wanted is meant for us.

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We start to wonder whether chasing after our dream still makes any sense when nothing seems to materialize after all the hard work and effort that weâ€™ve put into it.Â â€œHow much more can I give? Is there a point to all of these? What if itâ€™s not meant for me?â€• Â Our minds are filled with all these questions and we start to doubt ourselves. We start to doubt our abilities and our will power.

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Weâ€™ve reached our breaking point. We have nothing more to give. But do we really just want to drop everything just like that? After everything that we have gone through? After all that hard work and dedication? We canâ€™t give up now! Itâ€™s even more important to keep fighting and pushing towards our goal. Because just as weâ€™re about to give up our dream is finally within reach. Itâ€™s just up to us to continue believing and striving for it.

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We canâ€™t lose our faith for as long as we are living there is hope. We wouldnâ€™t put all the effort and make all that sacrifices if we didnâ€™t believe that itâ€™s possible in the first place.

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Yes, itâ€™s a lot of work. Itâ€™s a long process and we need a lot of patience,Â lotsÂ and lots of patience. But we know that itâ€™s all worth it. Itâ€™s worth every blood,Â sweatÂ and tear that weâ€™ve put into it. Itâ€™s a test to our character.Â

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How we overcome the challenges that we face towards reaching our goal is a testament to how much we believe in our dream and

how much we believe in ourselves. We kept fighting for it because we know in the core of our hearts that we can make it happen and that itâ€™s possible.

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Just a little push is what we need.

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A little bit more patience and a lot of love to keep us inspired

Title: Fat Girls Journey To Getting Fit.

Link: <https://mytrendingstories.com/beth--rosenfeld/-fat-girls-journey-to-getting-fit>.

Content: My two best friends are tall, skinny, fit, and gorgeous.Â Me? I'm short and overweight.Â I've been overweight for as long as I can remember.Â I've done weight watchers and done various crash diets, I joined a gym and done everything I could to get to a healthier weight, but the problem is I am not at all consistent.Â I love fruits and vegetables, I love how I feel after a long run, and my friends have always inspired me to be my best, healthiest self.Â But I also love being lazy.Â I love pizza, and sitting on the couch for hours, or even days, reading a good book, and lets be very honest, I love a good Netflix binge as much as the next girl.Â On Christmas Eve I took a photo with my 2 best friends, probably the first cute picture the 3 of us have taken in a long time, and when I showed my Mom the picture she looked at it and said "Oh this is cute, from this angle you kind of look thin".Â She was right, from the angle the picture was taken I did look kind of thin, though if we're being honest I still looked obviously overweight and chunky next to my two tiny friends.Â

Over the years, my friends have imparted so much wisdom, specifically in the ways of fitness, being healthy, and the importance of being active.Â I've known all their little knowledge nuggets for years, but over the past few days it is like everything they have ever said to me is flooding back to me.Â For the past few days I've really been thinking "this is my year, this is the year I will get myself in shape; get myself healthy" and I'll be honest, I've said this many, many times, but this time feels different.Â

Once, all 3 of us were at the gym, towards the end of our workout we were in the group exercise room stretching and chatting, and there was a few minutes were I stopped moving.Â Just sat there and enjoyed the conversation I was having with my friends.Â In the middle of our conversation my friend looked at me and said "notice how we haven't stopped moving, yet the conversation still flows" and I quickly got back to stretching.Â I know she wasn't being mean, simply stating a fact, and while this whole event was many

years ago, and not a very significant moment at that, I can't seem to stop thinking about it. When I am at work and I notice I've been sitting for too long, her voice pops into my head and I get up and take a walk, or simply stand at my desk. When I leave work and don't want to go to the gym: her voice is in my head then too.

It's funny. I've spent so many years listening to these two women talk about fitness, clean eating, being active, and I've always thought 'I could do that too' only to give up a few days later because quesadillas and Netflix are just so damn good.

Over the past two weeks I decided, like every other New Years Resolutioner to get back in shape "and I am really gonna do it this time". I signed up for a 10k in 2 months, drag my fat ass to the gym after a long day of work, and remember that I have a goal I want to achieve. I don't know how this journey will play out, but I do know that I have a great support system running alongside me on the treadmill, reminding me to move even when I don't want to, and lounging beside me on those well deserved rest days.

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Title: Best Travel Business Loan Deals - 6 Tips That Will Help You Get It

Link: <https://mytrendingstories.com/mohsin-ahsan/best-travel-business-loan-deals---6-tips-that-will-help-you-get-it>

Content: Travel Agency Business depends a lot on the working capital. On the one hand, they need to offer 30+ days credit period to the corporates as per their credit policy and on another side, they need to pay the amount within 7 days to the travel aggregators and airlines they work with. This creates a huge gap in the working capital and travel agencies need to look for a Travel loan for business to grow their business and meet their working capital needs as without enough capital they can't book any more business.

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Earlier, travel agencies had to look for personal contacts to raise money as traditional lenders were not keen on lending to them, this resulted in a lot of problems as this was neither scalable and even the rates charged were astronomical. However, times have changed now and while traditional lenders still take a lot of time and avoid giving travel loan or the loan to travel agencies, there are digital lenders who are helping travel agencies to grow. This has resulted in a healthy ecosystem for travel agencies to grow.

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Here are our top 6 tips for travel agencies to help them get a business loan for travel agency faster.

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Keep it Digital. Digital lenders welcome travel agencies as they look at their transactions with online aggregators and provide them a loan basis that. The new age lenders look for a digital trace of transactions in order to analyze and help the travel agencies with credit, so prefer dealings with aggregators who maintain a digital ledger and share access to the same, this may be your key to getting unsecured business loan for travel agency .

Maintain a Good Credit Score. While the digital lenders access the travel agencies on the basis of their transactions with the travel aggregators, they also look atÂ other parameters to build overall profile of the business and a good credit score is an important criteria, in fact it has become a basic hygiene, so while the lenders may access you on the business transactions, they will still look for a good credit score to give you offers for travel loan.

Maintain Cash Flow and Records. Having a record of cash flow is mandatory as the lenders will analyze if travel the agency could pay them back without any hiccups. In order to create the underwriting scorecard, they will access if the agency has enough cash flow to support the loan amount they are looking for. Invest in a good accounting system and ensure that the business has sufficient cash flow in their books.

Choose the Right Clients. Every travel agency wants more clients. However, it is important for them to choose the right clients, look for the profile of clients and take feedback from the market. If a client has a bad reputation of not making payments on time, it may be worthwhile to avoid them. Also, choosing the right clients will help travel agencies to opt for new age credit instruments like invoice discounting, whereby they can submit the invoice raised to large corporates to the digital lenders who will then pay you the amount as invoice discounting and the travel agency can pay it back once they receive their payments from the corporate.Â

Keep your Banking and Taxation Digital. Keeping your banking and taxation documents and login details handy will help you to stay ahead of the curve when it comes to applying for a business loan for the travel agency as the entire process of applying for a travel business loan with the digital lenders is online and if the travel agency is able to access its bank account and other details online, it smoothenes the process and one may get a loan decision almost real time as well. Â

Choose a Digital Lender. While traditional lenders are not keen on providing travel loans and ask for multiple documents, collaterals to pursue any loan for travel agencies, there are digital lenders like Indifi, who treat travel agencies on priority by having a specific travel loan product in their portfolio and help them get unsecured business loans basis their transactions with the travel aggregators.

Thus, we recommend looking for a right digital lender that has a travel loan in their portfolio to make your travel loan journey quick and simple.

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Title: One important thing every married woman should know!

Link: <https://mytrendingstories.com/raneisha--stassin-/one-important-thing-every-married-woman-should-know!>

Content: When Mike and I first got married I was still extremely young and still unsure of who I was, though I didnâ€™t realize it at the time. Marrying Mike is still one the greatest things that has ever happened to me but it hasnâ€™t been easy.

Marriage has taught me so much about myself, and my husband. One thing is for certain there are many things I still hadnâ€™t learned about my partner (or realized about men in general) that Iâ€™d wished Iâ€™d known before.

So let me get to the point, the big reason Iâ€™m writing this is because I just realized this one major thing and itâ€™s going to sound dumb so bear with me.

Men and women see things from two totally different perspectives! So the way we view love and respect are totally different.

Now youâ€™re probably going â€œDUH, everyone knows that,â€• and youâ€™re probably thinking youâ€™re wasting your time reading this but just hold on a second.

While I always thought I understood this concept I really did not until recently. Iâ€™d been reading this book given to me by my bible professor for my Christian families class entitled â€œFor women onlyâ€•. While reading the chapter on respect I had a major â€œDUHâ€• moment (Feldhahn warned this would happen) and realized almost all of our fights prior to this knowledge could have been prevented.

... to read the rest of this article visit [MikeandRere.wordpress.com](http://MikeandRere.wordpress.com)

Title: Nitro! Frog: Foreword

Link: <https://mytrendingstories.com/tyler-deal/nitro!-frog:-foreword>

Content: Hello everyone! Today I'll begin sharing a novel that I started working on around the start of the year. â€œNitro! Frog â€• is about five friends who embark on an adventure to stop "bad feelings" from taking over everyone and everything. In the world today, it



seems that anger, jealousy, selfishness, meanness, and other negativities have simply taken over. I feel that the best way to combat this is to spread kindness, joy, selflessness, and things such as these. I hope Nitro can help by adding a little happiness to everyone's lives.

"Nitro! Frog" takes place in a silly kind of world that's based on the mechanics of an RPG video game. Nitro and his four frog friends set out on a journey to lock the evil Malcore back up in the pantry from which he escaped. Along the way, they'll battle "Meanies", normal creatures that have been transformed by bad feelings, using the power of good. They have a long road ahead, but there will be plenty of friends to help out; some will be out of this world! wink wink .

I came up with this idea while I was sick with a high fever, which means it's bound to be a good one. I'll be posting in 200-500 word increments so that you can get your  fix and get on with your busy lives. I hope Nitro will become a  happy part of your life!  Enjoy!

Title: Moods, Will and the Meaning of Being

Link: <https://mytrendingstories.com/philosophy--of-enjoyment/moods,-will-and-the-meaning-of-being>

Content: It was the philosopher  Martin Heidegger  (1889-1976) who said in  Being and Time  (1927) that there are ways of understanding things other than intellectually (Crtichley, 2001).

Before a person has a theoretical reaction, a  thought  or a  thunk  (past tense of  think ) ,  there is an emotional mood. Everyone is always in some sort of mood. Right now your mood could be excited or indifferent, interested or bored.

Your mood could be open to enjoyment like a 24 hour diner or closed like a bank after 5 PM. It  s a matter of  will  and  1-2-3 :

will yourself (to enjoy)

take action (or inaction as a wise philosopher would)

happy possibility

The first step is a matter of will. The philosopher  Schopenhauer  used  will  in the same sense as words like  desire ,  striving  and  wanting . He held that all nature (including man) is the expression of an insatiable  will to life  and he thought that it  s through  will  that mankind finds suffering.

You might think that if desire (or will) is what causes suffering (as a lot of Buddhists do), remove the desire or will and suffering ceases but the desire to remove desire is another desire. You can't desire not to desire. That's desire. So the trick is not to desire not to desire (that can't be done). Use desire to your advantage.

Counter the view of will = suffering with these simple words of wisdom: Where there's a will, there's a way.

Will enjoyment. Will a good life. Pay attention to moods. Work with them and don't deny them.

The way a person sees something is as much determined by one's mood as it is by what one thinks about what one sees. Moods are first. An image can elicit a happy response or the opposite.

Let's say you had an argument. Your mood is angry and sad. You know life is short. You take action. You go into nature (wherever that happens to be) and you see a sunset.

In an angry mood sunsets are meaningless but if you relax into beauty a bad mood fades. If you think, "This too shall pass," a sunset that was meaningless becomes sublime. You can become the sunset seeing itself. Stop. Do nothing. It's a matter of time. Being takes time.

Moods aren't just feelings to colour your mental life. Moods are the way each of us experiences life in this world. Moods are connected to our very being.

The biggest question for lots of philosophers, has been the question of the meaning of being a human being (try saying that fast!). The question of the meaning of your being a human being can't be reduced to a scientific study. How do you explain the meaning of your being?

To Heidegger the basic idea of being is simple: being is time. And time, well, it comes to you with your birth and ends with your death. If you want to understand what it means to be a human being, try projecting your life onto the horizon of your death (Critchley, 2015).

Philosophy is the love of wisdom. As a philosopher of enjoyment, you are sensitive to the wisdom found in the enjoyment of living "good and bad. For most ancient philosophers including Socrates (or "Socks" as they called him in high school), the wisdom that philosophy taught was how to lead a good human life. For the ancients, a good human life was a happy one.

To be wise, your aim (and will) should be to enjoy being. Why not? Life is a waltz. The waltz of living. Don't look at your feet. 1-2-3, 1-2-3. 1-2-3. Enjoyment is the thing.

Title: Vaping vs. Smoking Cannabis: What's the Difference?

Link: <https://mytrendingstories.com/kimberly-smith/vaping-vs.-smoking-cannabis:-what's-the-difference?>

Content: When it comes to vaping weed vs. smoking it, there are noticeable differences in the heating process, flavour and feel. To vape, dried flower or oil is packed or poured into a vaporizer. The device heats the cannabis to the point just before it burns, releasing the active ingredients like cannabinoids and terpenes. It produces vapour (rather than smoke), which is then inhaled from the mouthpiece of the vape.

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Compared to smoking, vaping marijuana brings out the terpenoid profile aka the flavour of the strain being consumed. It's also considered less harmful than smoking because the process doesn't produce as many carcinogens or tar. There are several different types of vaping accessories ranging in sizes, styles, and price points.Â

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Here's how the process of vaping cannabis works:

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How to vape flower

To vape cannabis flower, grind up the weed and then load the chamber of the vaporizer, which is also known as the oven.

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Beginners will want to set the temperature of the vaporizer to a low heat so the vapour isn't too harsh on your lungs when inhaling for the first time. With more practice, new users will eventually find the right temperature on their device.

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Once the vape indicates it's ready, put your lips to the mouthpiece. Unlike taking a deep drag from a joint or cigarette, you'll want to take a gentle, slow inhale. Some people describe the action of inhaling from a vape as "sipping."

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The consistency of the vape smoke depends on the temperature setting. For a thicker vapour, turn up the temperature setting. For a thinner vapour, turn it down. Generally, lower temperatures are good for more flavour, while higher temperatures will produce more vapour.

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## Vaping oil

There are a few things to consider when choosing between vaping flower and vaping oil. First, refillable or disposable oil cartridges can cost between \$40 and \$60+ each. Depending on the size, they can last between 100 and 200 pulls.

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Cannabis oils are much more concentrated than flower, so you won't have to use as much product. However, there are far fewer types of cannabis oil compared to the thousands of different cannabis flower strains.

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Vaping oil is also more discreet than vaping flower, because it doesn't emit as much of a smell.

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## Vape accessories

Although vaping weed is considered less hazardous than smoking, it has the potential to be more costly because it requires purchasing a vaporizer. These accessories may be refillable or disposable and are generally made for either flower or oil.

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Desktop vaporizers: Like a desktop computer, these devices are larger and must be plugged into an outlet, so they're typically for home use only. Users can choose the exact temperature, and the devices come with a plastic tube mouthpiece (called a whip) or clear plastic bag with an attached nozzle to inhale the vapour through.

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Portable vaporizers and vape pens: These smaller devices range in size from a pen to a walkie-talkie and are handy for discreet on-the-go use. They are usually battery operated or can be charged via USB. Some oil vape pens use replaceable cartridges, while others can be manually re-filled.

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Your vaporizer should be cleaned regularly, with disposable parts being replaced as needed. Read the device's instructions carefully for exactly how to clean it.

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## Is vaping bad for you?

Vaping cannabis flower is considered less hazardous than smoking since vaping heats cannabis to the point before combustion,

producing fewer carcinogens and tars. However, oil is a bit different. Some concentrates contain butane hash oil (BHO), where butane is used to extract the cannabinoids. Although the final product shouldn't contain any butane, the health impacts of inhaling it are unclear. That's why there's a shift towards "solventless" extraction methods that avoid all use of butane or other solvents.

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Dylan Dee is the community manager for Lift & Co. Lift & Co passionate about connecting cannabis experts with bud beginners.

Title: Get to know the review of Parallel Profit

Link: <https://mytrendingstories.com/alice-queen/get-to-know-the-review-of-parallel-profit>

Content: Parallel Profit is in NEWS highlights these days due to the beautiful business model and training features it includes. We are going to provide you with an honest review of Parallel Profits so that you can better understand the concept. Parallel Profit is a greater initiation going to launch soon by Aidan Booth and Steven Clayton on January 29, 2019. It is a higher platform that is going to tell you about a perfect business model and training facilities, so that you could easily earn a better full time living by sitting at the comfort of your home. The program is just about starting up a total of 7 sales in the beginning, and that too will enable them to make approx of \$100,000 per year.

It is a higher platform where you can sell your services to the local business entrepreneurs to start earning. The only thing that makes it so different from the other business models are three big twists. These three big twists are unique, more straightforward and quite impactful that will make it easy for you to acquire a steep growth in your business. Working with such a model with higher scales will automatically raise your success rates to the next level. One of the best things about Profit Parallel is that if you want you can also get full-time training on this excellent business model as well. So sharpen your business skills much higher and enjoy fast success with the help of a fantastic platform like Profit Parallel.

Working in Collaboration: One of the best thing about this beautiful business model and training program is that you have to work here in collaboration with different other people. You don't have to copyright or market your products here. It is an online program that is going to launch at the end of January where you are being invited here for training with Parallel team. You don't need to create any brand name, domain name, or Website here. During the training program, you will work as a part of a franchise. It is a well-established platform with secure boundaries where you can start selling your desire products to enjoy faster growth in your

business.

No experience required: Just like other business models, you donâ€™t need to have any experience or specialization to start sailing with immediate results here. It is one of the securest and safest business models in which you donâ€™t need to outsource any of the services or businesses here as per your own. It is a perfect business model where you will work as a part of the team for a steep growth of your business.

Client capture system: Parallel Profit is one of the unique client capture systems where you have to create a partnership with the team to gain growth and success in your business. The customers are captured here as the keys to success where they are equally benefited with some features as well. One of the best things about this business model and training program is that you donâ€™t need to get interacted with your customers face to face for selling any of your products and services. It is, in fact, a more significant platform well embedded with a built-in lead-gen system that takes care of different aspects of your business and hence enables you to get the key of success at a breakneck pace.

Title: Review: Ink and Bone by Rachel Caine

Link: <https://mytrendingstories.com/alice--p/review:-ink-and-bone-by-rachel-caine>

Content:

Title:Â Ink and Bone |Â Series:Â The Great LibraryÂ #1Â |Â Author: Â Rachel Caine |Â Publisher: Â Alison and Busby |Â  
Publication date: Â July 7th 2015Â |Â Num. Pages: Â 407 |Â Genre:Â Young Adult, Dystopian, Fantasy

â~...â~...â~...â~...

4 stars - A book about books? Yes please!

Originally posted on my blog

Synopsis

Knowledge is power. Power corrupts.

In a world where the ancient Great Library of Alexandria was never destroyed, knowledge now rules the world: freely available, but strictly controlled. Owning private books is a crime.

Jess Brightwell is the son of a black market book smuggler, sent to the Library to compete for a position as a scholar . . . but even as he forms friendships and finds his true gifts, he begins to unearth the dark secrets of the greatest, most revered institution in the world.

Those who control the Great Library believe that knowledge is more valuable than any human life—and soon both heretics and books will burn. . . .

## Review

Ink and Bone was probably one of those books where I originally wasn't 100% sold on reading it when it came out - it wasn't something I thought I would enjoy not like I enjoyed the Weather Warden and Outcast Season books and although it's taken me over a year to get round to reading it I have to say I'm certainly glad that I did.

For those of you who have never read Rachel Caine's other books this is probably as good a place as any to start however if you've read her other stuff but haven't read this yet? Get in there.

So Ink and Bone is set in a Dystopian universe where the Great Library of Alexandria was never destroyed and books are like gold dust (they should be anyway but this a whole new level of obsession) smugglers and Burners abound in this alternate reality and The Library hold all the cards. Real books are taken by the Library for archiving and they're replicated into a new form called a blank - which is basically a copy of a book in particular.

The story starts with Jess Brightwell doing a run for a customer as per orders from his father - the head of one of the biggest smuggling rings in London - where an original copy of a book is to be delivered to the buyer no questions asked. As a young child Jess is - as expected - pretty impressionable but he also retains his own sense of purpose and sense of right and wrong unlike his twin brother. The "client" who requested the rare book is actually an ink-licker - a book eater - and Jess witnesses the ink-licker devouring this rare one of a kind book and he loses his flagging appreciation for the smuggling trade altogether.

His father makes a good point to Jess by accusing him of having ink in his blood as Jess has a bigger appreciation for the books he's supposed to be smuggling than the family business. His twin -ok the other hand - is the exact opposite and loves being a smuggler and criminal. The ink-licker ends up dying due to a knife in the back and we find out later on that Brendon (Jess's twin) potentially did it.

Jess's father buys him a position into the Library testing to become a Scholar and so begins the story of Jess and the Library.

Jess is out through a series of gruelling tests and to be perfectly honest I think the worst of the lot is putting up with his stuck up roommate Dario but Jess prevails throughout these tests and the trials he and the other postulants go through - including a few near death (and certain death) experiences - Jess is a success even if his tutor is aware of his past and family connections. Â

I loved the writing style as it's just so Rachel Caine and her work always keeps me intrigued. I also loved the potential (pretty sure and I ship it) relationship between Scholar Wolfe and Captain Santi, it's got a very good and very clear backdrop and love is love - adore it.Â

Some of the other postulants were a little unlikeable at first but they did grow on me and the best postulant besides Jess is Thomas and man is he wicked smart.Â

I also didn't like the Artifex Magnus - he just came across as totally slimy and 100% "I'll do anything to make sure the Library stays in power" attitude and I meanÂ anything.Â

It was all around a very good book with some good and humourous dialogue but also the very serious side to it in terms of the war between the English and the Welsh and the war between the Library and the Burners. Now Burners are a very interesting concept and I can't wait to see where the next bookÂ Paper and FireÂ takes the series.

Title: Milwaukee Bucks 116 Chicago Bulls 96

Link: <https://mytrendingstories.com/john--burke-/milwaukee-bucks-116-chicago-bulls-96>

Content: For the third time in 16 days the Milwaukee Bucks beat the Chicago Bulls by double digit points. The Bucks pulled away in the second half to for a 116-96 victory. The win gets Milwaukee back to .500 at 16-16 while the Bulls fall back to two games under .500 at 16-18.

The Bulls got off to a good start as they scored 11 of the games first 12 points. Milwaukee spent the rest of the quarter coming from behind and did manage to cut the Bulls lead to three points onÂ four different occasions. At the end of the first quarter the Bulls had a five point lead at 27-22.

Milwaukee started the second quarter off on a 9 to 4 run to tie the game at 31 all. The game went on to be tied a total of six times in the quarter. Towards the end of the quarter the Bulls where able to build a five point lead at 51-46 with just five seconds to play.

Giannis Antetokoumpo hit a 3-pointer as the half expired to cut the Bulls lead toÂ two at 51-49 headed into halftime.



The Bucks took the lead early in the 3rd quarter at 53-51 on another basket by Antetokoumpo. The teams swapped the lead a couple of times before Antetokoumpo helped Milwaukee build a nine point lead 69-60 with 5:46 left in the quarter. A Doug McDermott 3-pointer cut the lead to three at 79-76 with just 1:19 left in the quarter. Jason Terry then split a pair of free throws to give the Bucks a four point lead 80-76 after three quarters.

This game was much closer than the previous two encounters heading into the final quarter. This was the second game of a back to back for the Bulls and you have to wonder if maybe they ran out of gas as they only managed to score 20 points in the 4th quarter. Milwaukee on the other hand put up 36 points in the 4th quarter and were able to easily pull away for a 20 victory 116-96.

Giannis Antetokoumpo was the Bucks and the games high scorer with 35 points. Jabari Parker added 27 points for Milwaukee while Greg Monroe came off the Bucks bench to post a double-double. Monroe had 15 points and a game high 12 rebounds. Rookie Malcolm Brogdon got his first start of the season for the Bucks and posted his first career triple-double. Brogdon had 15 points, 11 rebounds and a game high 12 assists. Brogdon was the Bucks 2nd round pick (36th overall) out of Virginia and was averaging 8.0 points per game coming into this game.

The Bulls were led by Jimmy Butler who had 26 points. Butler also had a team high 8 assists. Doug McDermott came off the Bulls bench to score 13 points. Robin Lopez posted a double-double for the Bulls scoring 12 points and grabbing a team high 10 rebounds. Taj Gibson had 11 points and Nikola Mirotic off the Bulls bench added 10 points.

Milwaukee gets New Year's Day off before they host the 20-13 Oklahoma City Thunder to start 2017. After dropping back to back games the Bulls also get New Year's Day off before they host the 19-15 Charlotte Hornets.

Title: So define human...

Link: <https://mytrendingstories.com/judy-smith/so-define-human...>

Content: Thinking about time on a rainy Sunday morning, and about how a lifetime really is just a flash. It's incredibly sobering and saddening to watch history repeat itself despite all knowledge, experience, and that firm nudge in our spirits to the contrary.

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I was ten years old when The Little Rock Nine ugliness took place, but my dad hadn't bought our first snowy black & white TV yet so it was a little while before I saw the images, probably in either LOOK or LIFE magazine. The sick feeling those twisted faces gave me at the time is still right there. Norman Rockwell's painting of the little girl in the pretty pink dress, with rotten produce splattered

against the wall behind her, also contributed heavily to my loss of innocence in The Legendary 1950s American Heartland.

The second photo is current news - taken at a recent "Make America Great Again" gathering. So, sure, let's make it every bit as great as the idyllic 1950s were - obviously we still have the resident talent and they haven't lost their chops.

And then, why would the passing of a stellar human being who was all about love and justice not raise in each of us again the niggling question, "Who ARE we, anyway?"

Title: Doing an Online Business, As Told By Thomas Wos

Link: <https://mytrendingstories.com/julia-morison/doing-an-online-business,-as-told-by-thomas-wos>

Content: We often get tired of doing a 9-5 job and this exhaustion leads to a thought of starting our own business where we can be more creative and have more freedom. All of us have business ideas and we all want to earn through our hobbies and activities that we are best at. A person who loves plants may find it fascinating to have a plant shop where he or she can spend all the time buying and caring for plants. However, what hinders this daydreaming is the successive thoughts that make us realize that starting a business requires huge investments and a lot of good management skills. These thoughts sadden us and force us to come back to our boring realities.

In present times it seems that nothing is impossible. Technology provides us with enough opportunities that we can always find a way to live our dreams if we are really willing to. If we inquire about this a little more we will come to know about the online shops and how they work. There are a plenty of online resources that can give you an idea about how can you start your own online business.

There are many books on the topic and a few are found to be really useful. The book by Thomas Wos, who is a marketing expert, successful investor, and an entrepreneur, "Onlineshops: on the road to success from the beginning" is tremendously helpful .

The other researches done on the topic will teach you a number of important things about online shops and how they can be settled effectively. Thomas wrote this book and his own profile is a great source of inspiration for aspiring entrepreneurs.

With a net worth of \$200 million, Thomas is navigating the real estate prospect in the Gulf. He has eyed a real opportunity in building homes in Dubai after his firm WOS Swiss Investments AG injected \$20 million in a leading web-based real estate platform

called Allrealestates.com. This guy is aiming to disrupt the multi-million dollar real estate industry in Dubai and has a plan for building 10,000 homes in Dubai alone by the year 2030.

Thomasâ€™ success story serves as a great example of entrepreneurs navigating in their careers, leaping to different goals and being absolutely great at it. He is a renowned name in Europe for being an investor and entrepreneur who leads a class apart in the market with his projects.

So, here is are some insights from Thomasâ€™ book for people who want to learn about how to set up an online business:

#### Host Your Own Online Website

There are a number of ways through which you can sell your stuff online. You can have a social site group on popular social networks or you can get a slot on already existing e-commerce sites like eBay. However, it is better to set up your own site because it allows you to function with more freedom and work in your own unique style.

#### Have a Business Model

First, you need to work on the business model in your mind and decide how you would run the business including the prices, marketing strategies, and other stuff including the categories of the products that you would be selling.

#### Setting up Website

After that, you need to choose a proper name along with other needed descriptions for your online shop. You also need logo professional standard pictures of your products on your website. Also, you need to buy a domain for the website and hire someone to make a website for you with a shopping cart system installed on it. Moreover, you need to take the help of a professional content writer in order to write your websiteâ€™s content.

#### Market your website well

After doing this, you only need to market your website everywhere through different tools. You can take professional help in marketing. An online shop requires a regular and effective management to generate a good profit.Â

Title: A Beginner's Guide to the Manufacturing Industry's Most Crucial Components

Link: <https://mytrendingstories.com/reena-rawat/a-beginner-s-guide-to-the-manufacturing-industry-s-most-crucial-components>

Content: Any person with a vague idea about how industries work can vouch for the fact that the manufacturing sector has single-handedly become the driving force of any countryâ€™s economy. After all, thereâ€™s a reason why thereâ€™s always such a

sizeable investment made in this sector of the economy – the return on the investment for the economy is nothing short of immense, and it must be said that one should always have a basic understanding when it comes to this particular sector.

One of the major questions that are asked when it comes to this sector is as follows – what exactly are the tools that are crucial for the functioning of this industry? Keeping this query in mind, here are some of the most prominent tools that govern the functioning of the manufacturing industry:

**Programmable Logic Controller (PLC):** Automation is one of the most helpful forms of technology that have governed the functioning of multiple forms of machinery in the manufacturing sector. One such form of technology that has been enabled through the advent of automation is a PLC, which continuously monitors the various input processes of a particular form of machinery, and optimises its functionality so that the manufacturing process is streamlined to a greater extent.

**Contactors :** It's obvious that any manufacturing unit would have an immense amount of current running through it at any given time. This mandates the need for a service that can see to it that all electrical power circuits that are present in this manufacturing unit are managed properly. The best way to do this is by setting up a contactor – an electrically powered switch that can help in switching circuits and balance the flow of power. If you're wondering why a relay isn't used for this task, it's because contactors are used to handle a greater influx of power – something that is prevalent in these manufacturing units.

**Limit Switches:** Controlling machinery is an integral part of any manufacturing unit, which mandates the need for a proper system that can help regulate this action with relative ease. Keeping this in mind, it must be said that a limit switch can prove to be quite helpful in this regard. It is an electromechanical device, with an actuator that's mechanically linked to a set of contacts. According to how the machinery is functioning, the limit switch will either make or break an electrical connection. Their simplicity is one of the major reasons why a limit switch is one of the most sought-after forms of technology in the manufacturing sector.

Push Buttons: Sometimes, simplicity is the way to go. As mentioned in the previous entry, limit switches are one such example.

Another example of a simple mechanism is a push button, which is nothing more than a simple accessible switch that is designed to be user-friendly. This button can be used for both small and large-scale purposes, which speaks volumes when it comes to its accessibility.

Motor Starters: Staying on the topic of simplicity, it's obvious as to what a motor starters does – after all, the name itself should give you a pretty accurate idea. To ensure the safe operation of a starter, every motor is equipped with a starter to help facilitate this level of safety at all times.

Variable Speed Drives (VSDs): Also known as an adjustable speed drive, the main function of a VSD is to adjust the speed of industrial electrical motors whenever required. Doing so will help save precious time and money – two crucial things that every manufacturing company needs to keep in mind

Title: How Did this Forty-Something Get Addicted to Pokemon Go?

Link: <https://mytrendingstories.com/alethea---/how-did-this-forty-something-get-addicted-to-pokemon-go?>

Content: All of a sudden it happened. I think I should blame Jenifer, who introduced me to it. Or something. Someone has to be held responsible. For this:

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I stopped my run today to watch him hatch.

And speaking of my run, I kept my app open to get mileage. Except I for some reason my miles don't track right and didn't get full credit. If it wasn't for the blasted heat and humidity I probably would have run all afternoon just to hatch all the eggs!

I'll be just minding my own business and think, "Hmmm, I wonder if there are any critters nearby," (I'm obviously not up on the lingo) and just often enough something like this guy is in my petunias. It's that intermittent positive reinforcement that has me hooked.

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And I don't even know what it all means except that the bugger tried to escape, and that he looks cool, so I took him down. He's mine now! Yeah, take that Zubat thingy.

Now every outing (not that I get out much as an introverted special needs mom) is an occasion to find PokÃ©Stops and get more PokÃ© Balls as preventing a tragedy like this from recurring is crucial.

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I am fully aware of the ridiculousness of it. In fact, I hide it from my husband. He thinks that PokÃ©mon Go is for uncivilized morons who are next up for the Darwin Awards. (I have no idea where he got that impression.)

I hatched a Pikachu last week, so take that. Â

Title: CAN YOU DANCE?

Link: <https://mytrendingstories.com/mitch-goldfarb/can-you-dance?>

Content: Or do you look like youâ€™re having a medical issue?

Do you know that those who were seen dancingâ€™

were thought insaneâ€™

by those who could not hear the music?

Title: While all the time that i was loving you, You were busy loving yourself

Link: <https://mytrendingstories.com/shylahboss-lee/while-all-the-time-that-i-was-loving-you,-you-were-busy-loving-yourself>

Content: So in the beginning of summer I started a ShyTalk, My FIRST blog ever. I would write about my life and ex, I referred to him as my "dreamman", a lot because he was with me every fuckin day & shit just went all bad, real fast. It was crazy, I can never and will never understand how, if I explain something to you, you could still act the way me talking to you was supposed to prevent, that make sense? My loyalty was to him and if I tell him something that was said, instead of handling it properly, he wants to call whoever and confront them, like wtf are we in middle school?? You're gonna confronting niggas and we're grown. Deceiving people left and right, no wonder I feel alone here in a world filled with snakes. filled with people or in the same room as people. I have people that I hang around but I don't have any fuckin' friends. My friend lives in Salt Lake Tahoe, CA. If I miss her and want someone to talk to, I have to hope she's up for one, not working two, or with her daughter three. So in all honesty, yea I'm alone. I don't mind it, it's just irritating at times. Everyone thinks they have friends and shit, go have fun with your "friends" see how long that last. I'm upset because I have given and sacrificed so much for someone. I've given them literally everything I have in me emotionally, to boost his confidence and self esteem cause he "promise it'll all be worth it in the end" & it hasn't been. Knowing I'm going through shit myself, I was selfishly asked to stay and be here for them when I cant even be here for myself. Stupidly I stayed, but I promise you It'll be the last fucking time. All the lies and games and shit. I CANT! I'VE NEVER BEEN LIED TO SO MUCH IN MY LIFE, someone who lies about everything!! why this is the last time because when do I get a fuckin' break?! HOW MUCH SHIT ARE YOU GOING TO PUT ME THROUGH BEFORE YOU DECIDE

OKAY I'M DONE FUCKIN' WITH HER. you've LIED TO ME, LIED ON ME LIED ABOUT ME, TALK DOWN TO ME, TALK SHIT TO ME, MADE ME CRY AND HURT ME MENTALLY PHYSICALLY AND ANYWAY POSSIBLE. I don't understand because I was nothing but good to him. I was cheated on, made a fool of and the whole 9 yards. Fuck it though, I guess that's life.

any who i'm getting mad so I think I should take a break.

Title: Drafts

Link: <https://mytrendingstories.com/ray-richards/drafts>

Content: It's that time of year again. Time to get the house ready for winter and keep out those pesky drafts. Like

every year I have put up my storm windows, checked the weather stripping around the doors and caulked any spaces around the windows I can find. Â The problem is that each year I seem to find a new place where drafts can enter. Â This year it is through the electrical outlets. Â On a recent cold day I could feel a draft coming out of a few of the outlets so I bought some spray foam to help keep the rooms warm.

Â Â Our spiritual lives seem to run in a similar fashion. Â We go through the motions of trying to keep the drafts, sin, out of our lives, but just when we think we have all the entry points filled, another seems to open up. Â We need to be constantly on guard to ensure that sin can not creep into our lives. Â 1 Corinthians 16:13 in the Message Bible says, "Keep your eyes open, hold tight to your convictions, give it all youâ€™ve got, be resolute."

Title: A Speech To My Old School

Link: <https://mytrendingstories.com/hdbdyjhd-osjhdgrji/a-speech-to-my-old-school->

Content: Hello w0rld,

Before I start my "speech" I would like to say before you think I have gone insane that I really would like to go back to my old Primary/Junior school and give the school a speech, mainly to the students. I will never ever do this as there would be about 374 (360 students +teachers) eyes staring back at me and no, just no. The thought of it is making me nervous. So instead I am going to do in the safety of the little home I made myself on the internet.

Good morning!

\*This is when they would all say together good morning back just because that's how it works\*

I use to be a student here, believe it or not and it's really weird to come back and see how much things have changed. When I came to this school I remember everything being a lot bigger and even when I got to year six I use to think things were fairly big but now I have been away for so long and come back everything, I mean I feel like a giant and that doesn't happen a lot especially as I'm only 5ft 2inch.

When I came to this school, I was extremely quite, I would never put my hand up for anything even if I needed help, I would avoid conversation with people, I would hate getting up in assembly so much that every year I would make sure that I wouldn't get 100% attendance so I didn't have to get up in assembly. I still did this through my time in secondary school too.



I was always the one that tried to stay out of any situation that would make me look silly in any way. But i really didn't need any help to make myself look silly I could accomplish that on my own. The embarrassing moment, I'm going to go to the extreme and say my life so far. And it happened at the end of one of these assemblies. You know at the end of assemblies sometimes your feet go a bit dead and you get pins and needles in your feet, well by the end of this assembly I had no feeling in my feet what-so-ever. So as you can imagine I couldn't stand or walk with out falling over. Because I wasn't the brightest spark and I thought I could stand up, which I couldn't, and as a result of this I wobbled all over the place then fell over and crawled out of assembly. What was even better about this was that I was on the front row and we were the first class to leave so the whole school was laughing at me.

When I got out of assembly and back to my class room, we were doing a spelling test when we got back, I was so embarrassed that I was shaking and couldn't stop shaking. So when you think you have made a bit of a fool of yourself just think of that story and I'm sure you'll Å be fine. The only thing that helped that situation a bit for me was the fact that I laughed. This sounds stupid but when you "mess up" or do something embarrassing the best thing you can do it to laugh because if you make a joke out of it, then they are laughing with you not at you and, trust me, it makes the whole situation better.

One thing that I regret a lot that I didn't participate in things. I was so worried what people thought of me that I forgot to have fun and I will for ever regret that because so of these years will honestly be the years you look back on and you'll have those "remember when..." moments. My remember when moments list is quiet small, even though the memories are amazing and always make me chuckle, most of the memories are the same thing and I wish I did more. Even if when you look back and shake your head in disappointment about something for example: a bad hair cut. You won't make that same mistake again.

The message of this assembly is that you are only given a certain amount of hours in a day and a certain amount of time to do things instead of think, "No, i'm not going to do that I will look like a fool" change it to "At least I had fun" Or "Yeah, I won't do that again". I wish I treasured the years I had in this school more because trust me it might feel like you are going to be there for ever, but trust me when I saw time will go quickly and that's something that I forgot and hope you, now, never will.

Thank you

So w0rld...

What would you say to your old primary school if you had the chance to go back and say a speech to them? Leave all your thoughts

down below

I hope you have had a wonderful day and continue to have a wonderful evening. Thank you for reading!

-Taking on the world X

Title: 5 Ways to Get Workers to Use Personal Protective Equipment

Link: <https://mytrendingstories.com/julia-morison/5-ways-to-get-workers-to-use-personal-protective-equipment>

Content: "For safety is not a gadget but a state of mind."

Many workers lose their life at the workplace; this refers to their unawareness about safety measures. Few little mistakes in the workplace can lead to disability for life. Employers feel helpless when their employees reject, or sometimes their unmindful take them to the destructive stage. They do not pay heed to the fact that "Safety first is safety always."

In engineering and administrative tasks, it is necessary that workers care about their safety. If they can ensure their safety, only then they can provide the safety of others. In constructing buildings, a lot of care is required. Workers should wear protective equipment as anything can happen and can lead their lives to disability. To ensure that workers are taking care of their safety is a difficult task. Workers think that wearing this personal protective equipment is like a hindrance in their work. They believe that they reduce their work efficiency ratio. So, they avoid wearing this own protective equipment.

This article will help all the employers to guide their workers for their safety measures. Workers avoid wearing personal protective equipment and sometimes their objection lead to a life lost. Therefore, this is necessary that every worker should know what he is taking lightly. We are going to discuss the five ways to get workers to use personal protective equipment. Before talking about these ways, we would like to mention the categories of PPE (own protective equipment). What are they? And how they can help workers from a variety of hazards. There are many types of personal protective equipment. At the workplace from head to toe there is equipment for protection for workers. These include disposable cartridge and airline for respiratory protection. Gloves and ear muffs for hands and ear protection. There are goggles and shield for eye protection. Not only are these there also many PPE, which can help in saving the lives of workers in case of any mishap or accident at the workplace. Here are the five ways to get workers to use personal protective equipment:

#### 1.SOPs

In any organization, there should be standard operating procedures for workers. This is human nature; they follow what they see. If

you write policies and stick them to entrance gates, this is possible that workers will pay heed to them. If you want your employees to lie on the safest zone, enforce policies. Whether this policy is to wear PPE or to use their gadgets (BYOD), all these enforcement policies would benefit you. We have heard about that consistency can lead to success. Same is the case here if employers will enforce policies everyday employees will start following these rules and procedures. So, in the top 5 ways to get workers to use personal protective equipment, implementing policies is the best one.

## 2. Fill the Communication Gap

Slogans are not of worth until those slogans represented by voice as well. Similar is the case here if you write policies and do not ask your employees about them daily. I can bet they will start ignoring those terms and condition. So, in any administrative task, first, try to fill the communication gap. Be friendly with your employees. Discuss with them, what is right for them and how they can do right for themselves. If you want that your employees start using PPE, you start wearing this equipment. Actions speak louder than words. In ensuring that your workers started wearing PPE, this is a step by step process, first write rules or policies for them, secondly make them aware of their responsibilities. The third one is to do for them. That's all these simple steps will lead to safety enforcement.

## 3. Provide them with Convenient Equipment

At any workplace, workers are already the workload. This is unfair if you make them introduce to that PPE that is hard to use. We want to suggest that we provide them with the right equipment. The equipment that is easy to use, clear. The material whose maintenance should not be hard then work done by the worker. Sometimes workers avoid using PPE because to keep them or to maintain them becomes hard for them. They start losing interest in using PPE. So, make sure that you provide them with the right equipment, so their interest remains.

## 4. Educate them

In any organization, training and workshops are held for this purpose. Education and training regarding workplace policies are necessary for a healthy working environment. Hire some professionals who help your employees to educate how to use PPE? Show your workers some graph ratio of employees who used PPE and remained safe and those who avoided PPE and faced harmful impact.

## 5. Give Importance to Employees Perspective

See, PPE will be used by your employees, first should be their choice. Ask them about what they want to wear and what to not. Do not use outdated PPEs. I can assure you if you listen to them it will become natural and even the loved task to wear PPE. Just go with

what will make your employees comfortable with which brand.

Title: HOUSE TRAINED YET?

Link: <https://mytrendingstories.com/mitch-goldfarb/house-trained-yet?>

Content: Of course you are, but what about your mind?

Have you soiled your day?

What thoughts can you clean up today?

Title: This is Acting - SIA ALBUM REVIEW

Link: <https://mytrendingstories.com/leela--hammond-/this-is-acting---sia-album-review>

Content: This is Acting? This is AWESOME.Â

Sia. Buddy. Pal. Ilysm. (Text slang for I love you so much.) You never fail in my book. It doesn't matter if the song plays on the radio and others get annoyed (Previously ELASTIC HEART now CHEAP THRILLS), I still listen. You make up for my lack of Adele with your powerful vocals and simple piano melodies. You parallel the dance beats of my favourites. I'm going to skip over the artist intro because I believe you're a fairly well known creative mind. This is for you.Â

-----A CLEARLY BIASED but still authentic SONG REVIEW-Â -----

2016 was your year. Just like every year you release an album. You always get to the top hits with ease. You know the game having written hits for other artists. Now it's your turn. Beginning with a title of This is Acting we get BIRD SET FREE.Â Side note: I honestly think I could pages on pages of just how much I appreciate how poetic and simple her song titles are. Such a breathe of fresh air. Anyway, BIRD SET FREE is a 4 minute song that reminds you of Sia's main artistic message: Be Yourself and you will achieve anything. Parallels with CHANDELIER and BIG GIRLS CRY. Next is Alive with a similar message but more of a fighting-Katy-Perry similarity (which really does make sense). The music video is absolutelyÂ adorable and conveys a spirit so alive. (GET IT). Third is ONE MILLION BULLETS. Initially, you may get a nostalgic 80's feel but then mid song, you're swept into this new world. I can't even begin to describe the images this song puts in my imagination. Just an adventure. Fourth is MOVE YOUR BODY, my second favourite song on the album. It just gets me moving. CHEAP THRILLS is the one everybody knows to have a dance beat but this song is next level. Just put on headphones. I know right?! The remix doesn't detract either. Just as good. UNSTOPPABLE is how I feel

listening to this entire album like thanks, Sia. You're a real MVP. After CHEAP THRILLS, we have less known REAPER. It's so different. Sia's voice is raw. It's strong but not the focus. The whole song is so well balanced. You can get lost in the instruments and the voice equally. So unexpected for a song less than halfway through an album. I would have ended the album with this song. HOUSE ON FIRE is not as unexpected with a title as such but is so good in the car. This is a belter. Go ahead, no one's judging.Â

Here, I'll join you: "I need you, I need you

Baby, I want to breathe you in

Like OXYGEN, LIKE OXYGEN!"Â

FOOTPRINT doesn't leave much of an imprint with me, tbh. (Text slang for to be honest.) A great song just sorta uneventful and expected. Now a song that absolutelyÂ leaves an impression? No. 10 SWEET DESIGN. Very experimental, I want more of this. What is it? Hip-hop? Techno? Give me more Sia!! Bringing it back to the classic Sia-sound, BROKEN GLASS plays next. My favourite song of Sia's before the album came out. I have yet to see the music video. Is there one out? I have a feeling it would be similar to ALIVE's music video. SPACE BETWEEN is the Adele-feels I was talking about earlier but yet nothing like Adele. Sia delivers. Enough said. Numbers and 13& 14 are alternatives, let's move to 15. CONFETTI. This was different. A touch of classic Sia with experimental breaks in tune and voice. I am satisfied with it. Her desperate need is translated here and I am grateful to be let into Sia's famously creative mind. This song will absolutelyÂ be in a movie soundtrack one day.Â MIDNIGHTÂ DECISIONS and JESUS WEPT don't impress me too much. I'll let you be the judge on your own. YAY NOW MY FAVOURITE: THE GREATEST AKA THE GREATEST WHICH IS THE GREATEST SONG ON THIS ALBUM. (Did that make sense?) I love this song. It makes me feel uplifted without throwing me across the floor and steps on my toes just to get me moving. A perfect ending although a great beginning to each listener's own future. Well done.Â

Overall this album has some perfect songs. Perfect as in capture's Sia's aestheticÂ and presenceÂ for a perfect translation through ear. However, there are just too many songs in my opinion. I've never listened to the entire album without skipping/ fast-forwarding. It doesn't keep me engaged the whole time because so many of the songs are just too similar with the same old inspirational message. Challenge me, Sia! A fantastic album with epic vocals but some rather important faults.Â

3/5 â••â••â••â••â••

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Do you like album reviews? Want more? RecommendÂ what album I should listen to next!Â

Happy February! everyone.

Title: An Open Letter From The Atypical 21-Year-Old

Link: <https://mytrendingstories.com/amber-oglesby/an-open-letter-from-the-atypical-21-year-old>

Content: "You must be so excited about turning 21!"

"Yes, I am actually."

"How big of a party are you throwing now that you're finally legal?"

"Um... I'm not."

How strange it may seem to some that a young college student doesn't consume alcohol at all and doesn't even make an exception for his or her twenty-first birthday. Allow me to enlighten some of you on a not-so well-known (but should be) fact: not everyone conforms to societal norms. I am one of those people.

I am turning twenty-one in a matter of days and have every intention to be in church on my birthday rather than in a club. I plan to spend time with my pastor that day rather than a lot of inebriated people that are making decisions they may come to regret the next day.

Now, please do not misconstrue my message. I am not looking down on anyone that has or will spend their nights drinking. I used to live that life. I spent both my eighteenth and nineteenth birthday, my high school graduation, and several weekends in between and after drinking and doing things that I should not have been doing. I drank to escape pain I felt from situations that happened in my past. I drank to forget how broken I was. I drank to feel like I belonged and was included. I drank, sometimes, just because I thought it was fun.

However, there came a point in my life where pain far outweighed inebriation and where I just wasn't having fun anymore. I was at the end of the road. Everything was dark, and I felt like I couldn't take it anymore. But right when I thought nothing could help me any longer, God changed my life. From that moment forward, I no longer had any desire to consume alcohol because the temporary numbness alcohol gave me simply could not compare to the everlasting joy God provided me.

Let me put it this way: the Bible makes it very obvious that there is no in between when it comes to God and the world. Either you're for God, or you're for the world and are, therefore, against God. Either you love God by keeping His commandments, or you hate Him

by keeping the statutes of the world. It's one way or the other--white and black--there is no gray. The consumption of alcohol with the intention of drunkenness and numbing of the senses is a statute of this world because it goes against the Word of God.

"Do not get drunk with wine, for that is wickedness (corruption, stupidity), but be filled with the [Holy] Spirit and constantly guided by Him."

Ephesians 5:18 AMP

It is a counterfeit the world provides when the real thing is something only God can give you, and the real product is always better than the knock-off. Here are some reasons why:

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1. Where alcohol only provides a temporary happiness through numbing of the senses, God provides an eternal joy through His mere presence (Psalms 16:11).

2. Where alcohol only allows you to forget about pain for a little while, God heals you completely from every pain, every hurt, and every affliction (I Peter 2:24, Isaiah 53:5, Psalms 147:3).

3. Where alcohol is considered poisonous and chronic consumption of it can lead to death, God sent Jesus so that we might have life and have it more abundantly (John 10:10).

4. Where waking up after a night of heavy drinking causes you to feel immense pain and sickness and be hung over, waking up after a night (or entire day) after spending time in the presence of God leaves you feeling better than before, well rested, and secure (Psalms 91:1, Matthew 11:28-30).

5. Finally, where alcohol can often times leave you feeling empty and where its side effects (both positive and negative) are only temporary, God makes you whole, and He and everything He does for you is everlasting and can only be good (Revelation 1:8, Hebrews 13:8, Isaiah 40:28, Psalms 90:2, Ephesians 1:4, Jeremiah 31:3, Psalms 100:5, Psalms 117:2, Psalms 119:68, James 1:17).