# **HAPPINESS IS A SERIOUS PROBLEM**



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## Best B vitamins to boost mood brain power and happiness

Food play very important role in boosting one s metabolism, mental disposition and mood swings. For example, bananas and sweet potatoes are rich in potassium, ginkgo biloba helps in blood supply to the brain, dark chocolate that is rich in theobromine also acts as a stimulant for the nerves.

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## **Declining Student Resilience A Serious Problem for**

Faculty at the meetings noted that students emotional fragility has become a serious problem when it comes to grading. Some said they had grown afraid to give low grades for poor performance

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## Overcoming Serious Indecisiveness home ubalt edu

How People Avoid Making Serious Decisions In The Histories, written in 450 B.C., Herodotus makes the following statement: "If an important decision is to be made [the Persians] discuss the question when they are drunk and the following day the master of the housesubmits their decision for reconsideration when they are sober.

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#### Want to control your anger while driving Extra Happiness

8 Responses to Want to control your anger while driving? Try these 7 tips to stop road rage http://ebookslibrary.club/download/Want-to-control-your-anger-while-driving---Extra-Happiness.pdf

#### What Happiness Looks Like Naked Meant to be Happy

Agreed Ken, I am totally with you regarding what you said about choosing to be happy and the actual journey while realizing it. In fact, we can say that there is a history behind mystery of happiness.

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