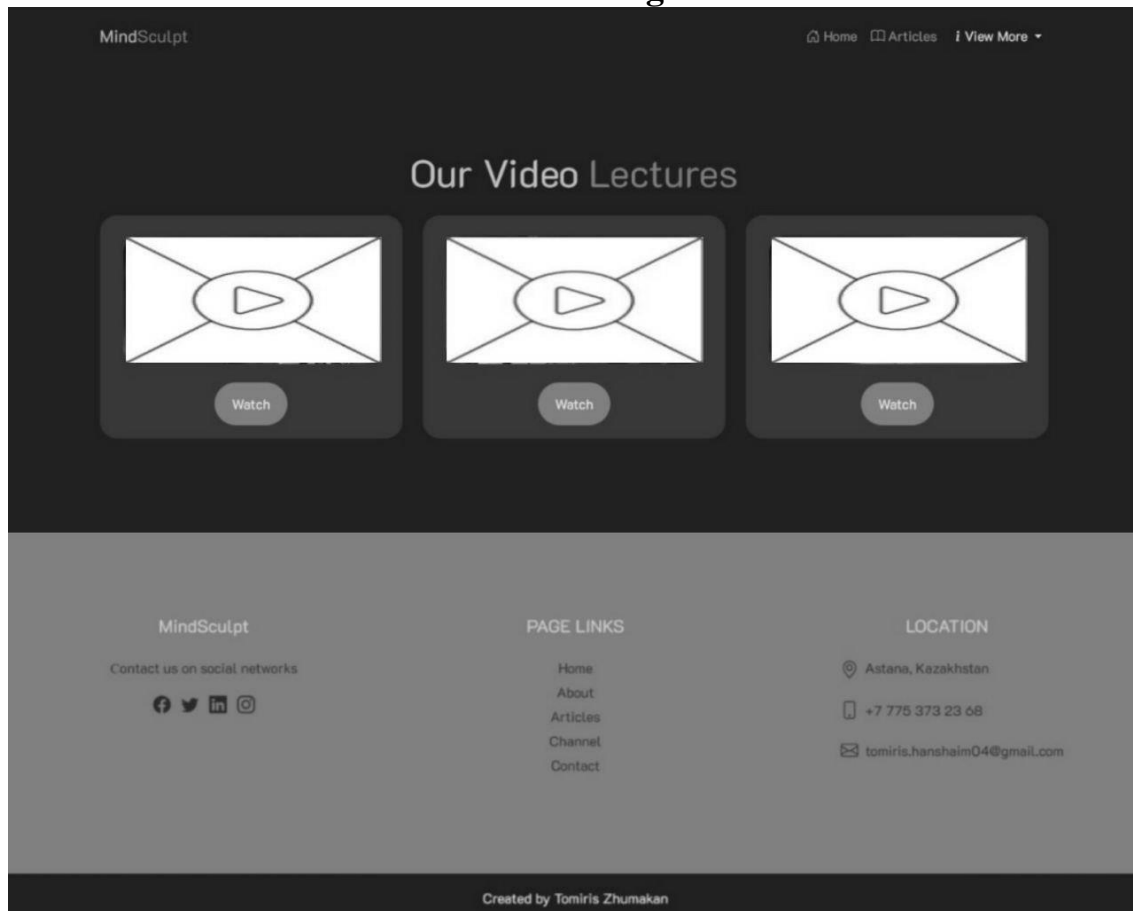


Final Project Mind Sculpt

Github page link: <https://tomiris111.github.io/Psychology/>

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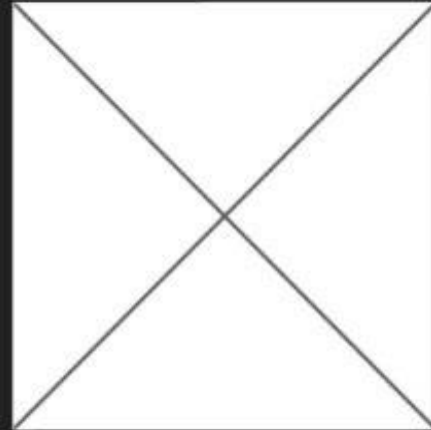


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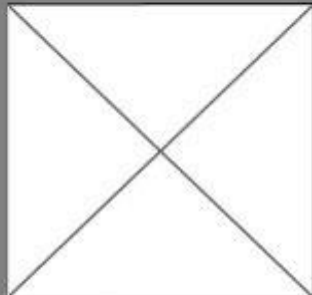
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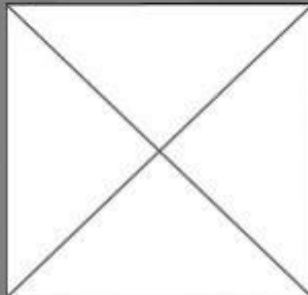
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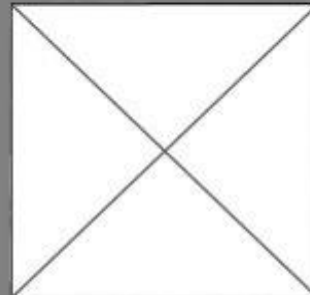
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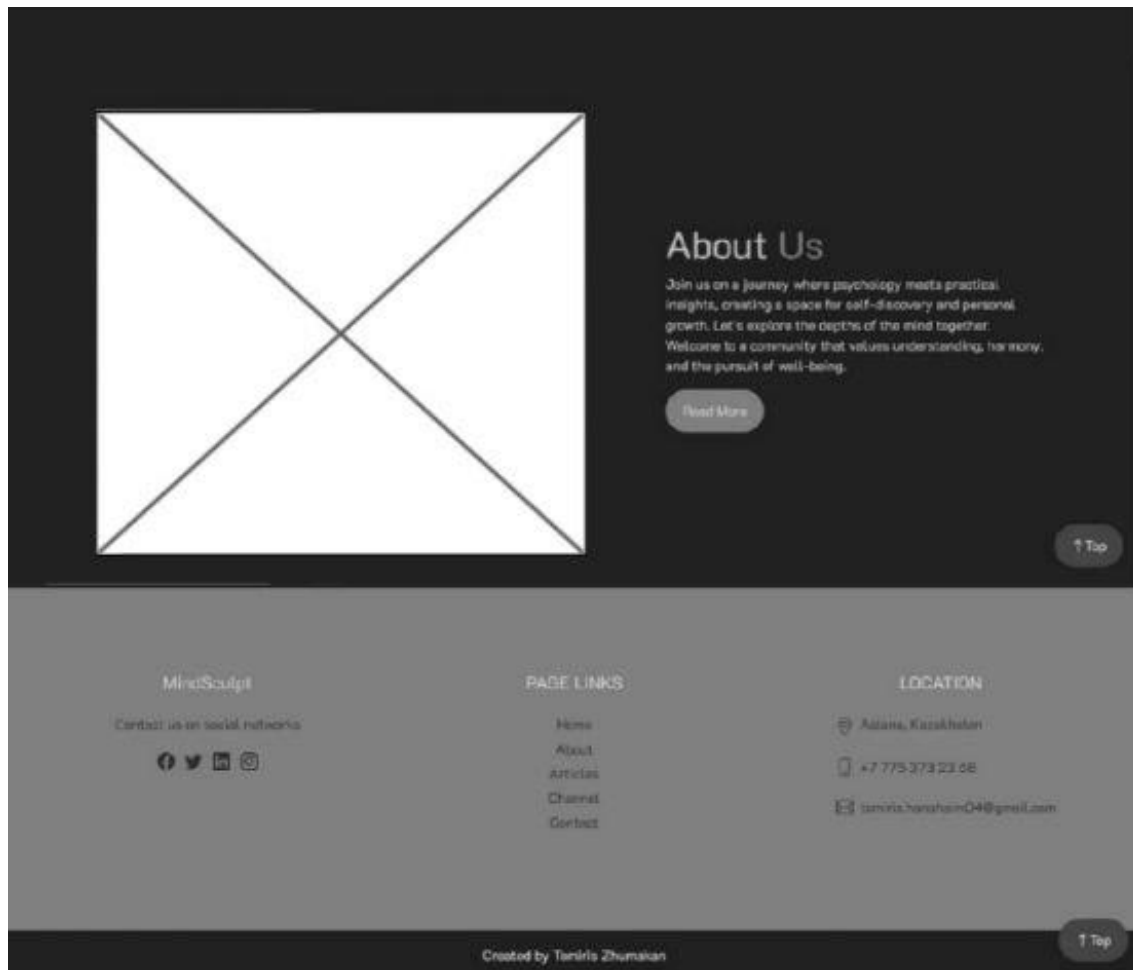
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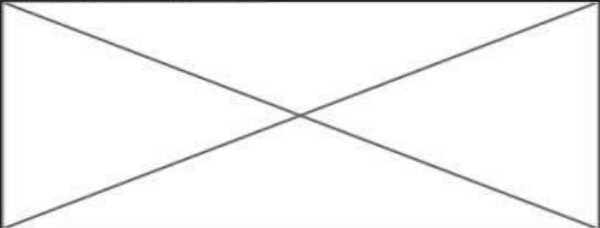
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November 27, 2023 by Tamiro Zhuravskiy



In today's fast-paced and demanding world, stress has become an inevitable part of our lives. With the constant pressure to excel, accomplish, maintain an active social life, and juggle numerous responsibilities, it is no wonder that many individuals experience burnout. Burnout, a state of chronic physical and emotional exhaustion, can have severe consequences on one's mental health, relationships, and overall well-being. Therefore, it is crucial to develop effective strategies to combat burnout and lead a stress-free life.

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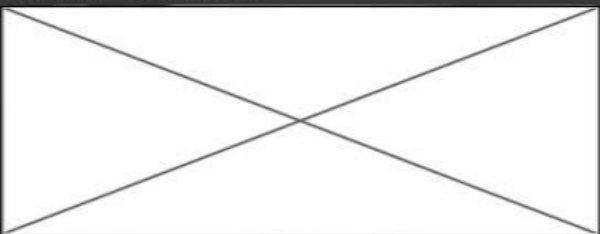
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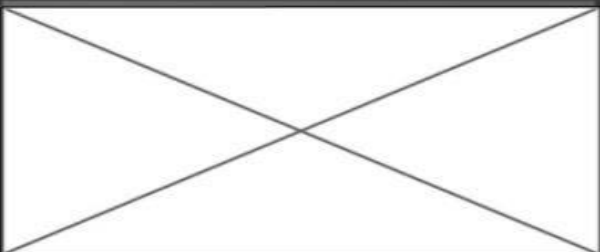
November 27, 2023 by Tamiro Zhuravskiy



In the complex tapestry of human emotions, navigating through the maze of feelings can often feel like a daunting task. Our emotions are like a vast ocean, constantly ebbing and flowing, sometimes calm and serene, other times turbulent and overwhelming. It is in these moments that an emotion navigator becomes crucial to help us make sense of our inner world.

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Tune into You: The Art of Embracing Yourself



In a world filled with images of perfection and societal expectations, understanding how to tune into and embrace our true selves is crucial. The art of self-embrace involves practical steps that can lead to personal growth and well-being while challenging unrealistic societal standards.

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