how much sleep do we need? - sleep is a vital indicator of overall health and well being. we spend up to one third of our lives asleep and the overall state of our sleep health remains an essential question throughout our lifespan. most of us know that getting a good night’s sleep is important but too few of us actually make those eight or so hours between the sheets a priority.

what is science? - what is science? science is the concerted human effort to understand or to understand better the history of the natural world and how the natural world works with observable physical evidence as the basis of that understanding. it is done through observation of natural phenomena and or through experimentation that tries to simulate natural processes under controlled conditions.

the paradox of choice - the paradox of choice why more is less is a 2004 book by american psychologist barry schwartz in the book schwartz argues that eliminating consumer choices can greatly reduce anxiety for shoppers, autonomy and freedom of choice are critical to our well being and choice is critical to freedom and autonomy. nonetheless, though modern americans have more choice than any group of people ever, we can put an end to word attachments.

dr alexia tsigka - dr alexia tsigka is m sad frustrated and worried about what might happen also we thought our son’s future would be better in another country given the uncertainty greece was.

sleeping more leads to better grades - when it comes to math and language skills specifically, gruber says it’s a question of brain anatomy. for math and languages, we need to use the skills that are called executive functions.

60 tricks to get things done faster better and more easily - we all want to get stuff done whether it’s the work we have to do so we can get on with what we want to do or indeed the projects we feel are our purpose in life. to that end here’s a collection of 50 hacks, tips, tricks and mnemonic devices i’ve collected that can help you work better most important tasks.

what you can’t say - paul graham - january 2004 have you ever seen an old photo of yourself and been embarrassed at the way you looked did we actually dress like that we did and we had no idea how silly we looked. who we are builders of a better working world.

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you prioritize prepare and build a stronger team, **airport shuttle north west** - just a short note to thank your company for the excellent service you provided to my wife and I taking us to sydney airport and picking us up on our return your driver jacque did both trips and what a wonderful person she is cheerful and friendly really made us feel welcome and relaxed we will look forward to our next trip with **airport shuttle north west**, **how much ram do you need digital trends** - how much ram do you need it is an important question to ask and one that is very much dependent on what you use your pc for if you’re a gamer you need more than most but considering the price, **confirmed echo chambers exist on social media so what do** - we are a participant in the amazon services llc associates program an affiliate advertising program designed to provide a means for us to earn fees by linking to amazon com and affiliated sites, **national women s history month reminds us we can all be** - the work of great humanitarian leaders inspires us however it can seem difficult to draw lessons from their lives we might wonder how amidst all the challenges we face as busy professionals, **better insights less time in meetings** — Friday feedback - make every day a bit more like Friday the average person spends one third of their life at work why can’t we make it just a little bit better, **teams solve problems faster when they re more cognitively** - looking at the executive teams we work with as consultants and those we teach in the classroom increased diversity of gender ethnicity and age is apparent over recent decades the rightful, **women better at multitasking than men study finds bbc** - image caption the average man was slower at juggling tasks than women but there may be advantages to a one track mind it is not a myth women really are better than men at multitasking at least, **russell foster why do we sleep ted talk** - Russell Foster is a circadian neuroscientist he studies the sleep cycles of the brain and he asks what do we know about sleep not a lot it turns out for something we do with one third of our lives in this talk Foster shares three popular theories about why we sleep busts some myths about how much sleep we need at different ages and hints at some bold new uses of sleep as a, **why do we dream the role of dreams and nightmares** - some factors that affect us when we re awake can also influence our dreams health conditions one of the biggest influences on dreams is how much or how little you re sleeping, **jacob degrom can be even better because he has more help** - with 30 or so starts to go so much can happen but Degrom showed the same degrominator tenacity to wiggle out of jams thanks in part to a magical double play by Robinson Cano to end the third, **writing and remembering why we remember what we write** - curious about this I decided to do some research into the psychology of writing and memory as it happens I have quite a background in the anthropology of memory none of which did me any good reviewing the psychological literature there’s not a lot out there not that I could easily find anyway not being familiar with the psychological literature probably hampered my search but what I, **self awareness can help leaders more than an mba can** - Vincent Siciliano CEO of California based New Resource Bank was brought in to turn things around and restore the bank’s founding mission which is to serve values driven businesses and, **your tuition asu students** - a college education provides the foundation for unparalleled career choices and a higher quality of life data and history tell us that a college graduate will earn 66 percent more than a high school graduate over their careers enjoy greater job satisfaction and even better health it’s more than financial gain you will leave ASU not just with the box checked next to college degree.

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