

Jen Sincero You Are A Badass

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Jen Sincero You Are A

Dr Lisa Finnikin reflects on how GP workplaces can become kinder ...

Rehumanising the workplace

Being a nail biter has always felt like something that happened to me. I didn't decide to bite my nails, but for as long as I can remember, they've been gnawed to a bare minimum. When I was little my ...

How a New Mindfulness Technique—And Some Really Good Polish—Helped Me Kick My Nail Biting Habit

Here's the thing, self-help books have a bad rap. While previous rut-ending books have been packed out with hundreds upon hundreds of pages of incomprehensible life advice (like waking up at 5am every ...

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