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Two Elder Guides is offering two workshops this fall. These workshops are for those grieving the loss of a loved one or another significant loss in their life.

Workshops to help people who are grieving scheduled

Buried, a docuseries debuting this week on Showtime, chronicles the trial in detail, including the fact that it became as much about the validity of

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recovered memories as it did a ...

Psychology Today

For many ophthalmologists, cataract surgery is routine. It can be easy to forget that, from a patient's viewpoint, undergoing this procedure is a novel experience. Some patients have never had any ...

Creature Comforts in Cataract Surgery: Techniques to Limit Intraoperative Anxiety Can Deliver Optimal Results

VR therapy appears to shine a new ray of hope in ending these mental health issues or helping in controlling the mind from coming unmoored. Doctors across the globe are increasingly suggesting VR ...

Virtual reality for mental health

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One of your neighbors posted in Kids & Family . Click through to read what they have to say. (The views expressed in this post are the author's own.) ...

Best-Selling Author Introduces Bucky & Daisy's Moody Adventures

A random hunch leads to a positive reminder about what gear does and does not offer the creative process. Now, before I begin, I'd like to stress to readers that despite the rather tantalizing title ...

From DSLR to Mirrorless Then Back to DSLR

I had been experiencing months of heavy stress and was not making the time for self-care – and was starting to physically feel the negative effects. In today's busy world, we all find

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ourselves more ...

FACTS FOR FAMILIES: Self-care is crucial for stress management

The metro New York graphic communications industry has honored a variety of national leaders through presentation of the Franklin Award for Distinguished Service. This year's recipients, Thomas ...

Franklin Award Recipients Profiled, To Be Honored at Franklin Event

The World in Transition is an eclectic collection of some of Geraldine's latest paintings in oil on canvas. The collection might be better termed a conversation, or a series of conversations. Its ...

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