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Minute Help Guides Book

Whether you're looking to sleep better, learn to meditate, or just feel happier, our favorites have a remedy for anything that ails you.

The Best Wellness Books For Your Mind, Body, and Spirit

Summer is almost over. So, if you haven't gotten away from the office yet, you only have a few weeks left. However, booking your vacation doesn't need to be stressful since there are sites that can ...

The 15 Best Sites for Last-Minute Travel Deals

Penta recently spoke with Nabongo about her travels and upcoming book. PENTA: How did you first fall in love with traveling? Jessica Nabongo: I grew up in Detroit, and my parents really loved to ...

20 Minutes With: Traveler, Photographer, and Author Jessica Nabongo

Airstream trailers have been synonymous with the open road—their shiny aluminum bodies both a symbol of the go-go-go automobile age and an illustration of their rugged utilitarianism. These days, many ...

10 Airstream Trailers You Can Book on Airbnb

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Whether looking to hit the jackpot, watch incredible live performances, or lounge by a pool with drink in hand, these are the best hotels to book in Atlantic City for a memorable trip.

Hotels to Book for a Trip to Atlantic City

LOWELL — If you are looking for a way to keep your toddler busy and cool, check out the nurse-y rhyme program in the air-conditioned ground floor community room of the Pollard Memorial Library ...

The Five Minute Read

Reading for Our Lives,' a new book from Marquette's Maya Payne Smart, gives parents practical suggestions for raising children to be strong readers.

In her new book, Marquette's Maya Payne Smart gives parents of preschoolers practical tips for raising strong readers

I'm here to help you. Follow my rules (and know when to break the rules) and you'll be laughing all the way to Fiji, or wherever you want to go. Remember, the more money you save on flights, the more ...

The Ultimate Guide To Find Cheap One Way Flights

THERAPY is a word that can conjure up images of lying on a bed in a tiny consulting room pouring out our souls to someone in a white coat.

Belfast therapist Owen O'Kane provides a practical guide to dealing with stress and anxiety

Luke McSwiney (breathguide.co), a breath guide and ... a toe in for help with general physical and mental health, he suggests establishing a daily practice, beginning with five minutes of ...

The simple breathing tricks that can help you sleep and de-stress

In her new column, Susannah Taylor wades through the world of wellness to separate all the woo-woo from activities that actually work ...

Will a 5-minute-a-day breathing exercise really make you feel calmer?

Network reviewed body camera videos, surveillance footage and multiple reports to piece together what happened at Robb Elementary.

77 minutes of terror: Timeline of the Uvalde shooting with latest details and analysis

Through eight hearings, 20 live witnesses and dozens of hours of recorded testimony, the House Jan. 6 committee has focused its case squarely on former President Donald Trump. The committee ...

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