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Challenges



Awards

1 7%



0ft

↔1.75m

↑498ft

1



M. Blair
10:13:25



2 7%



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↔.85m

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1



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Good With Money Emma Edwards, 2024-02-27 A game-changing practical guide to the psychology behind your spending habits, revealing how to manage your money without missing out on the things you love. Have you ever avoided looking at your banking app after a big night out? Placed an online order during a late-night doomscroll? Or felt helpless when your new budget simply failed to stick despite your best intentions? If that sounds familiar, this is the book for you. In the age of smartphones and social media, we're surrounded by an endless stream of stuff we could buy, not to mention social conditioning around what makes us happy, as well as fast-fashion algorithmic advertising and where did you get that culture? Financial behaviour expert Emma Edwards will help you unpack the reasons you're so emotionally tangled with your money. Spoiler: it's absolutely not your fault, and look at what might be keeping you stuck. She'll teach you to reclaim your decision-making, deep-dive into your beliefs, identity, and habits, and come out the other side feeling Good With Money. With a step-by-step guide to creating a money management system that actually works, Good With Money will change the way you think about budgeting, consumption, and yourself, and put you back in the driver's seat of your own financial future. A practical, funny, and relatable guide that won't make you feel bad about your finances. Sal Al from Two Broke Chicks.

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My Facebook for Seniors Michael Miller, 2013-09-10 This introduction to Facebook has been written with one fast-growing audience in mind: seniors. My Facebook for Seniors approaches every topic from a senior's point of view, using meaningful examples and realistic tasks. Step-by-step instructions for the tasks you care about most. Large, full-color, close-up photos show you exactly what to do. Common sense help whenever you run into problems. Tips and notes to help you do even more. We've identified the Facebook skills you need to stay connected with the people you care about, reconnect with old friends and classmates, and share your life with loved ones near and far. Our crystal-clear instructions respect your smarts but never assume you're an expert. Big, colorful photos on nearly every page make this book incredibly easy to read and use. Sign up for Facebook, it's free, and create a new account. Find old friends who are also on Facebook. Use the News Feed to discover what your friends are up to. Update your friends and family on your current activities. View your friends' digital photos and share your photos with friends and family. Personalize the Timeline page that your friends see. Chat privately with friends and family via text or video. Find and follow pages from your

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Basic Pharmacology for the Massage Therapist appendix provides up to date information on common medications

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