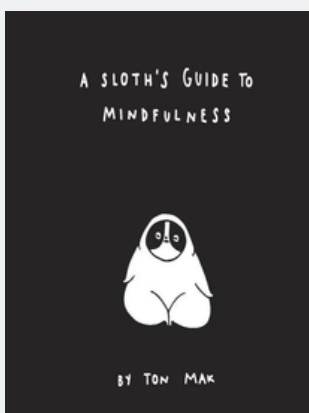


STAYING CALM IN CHALLENGING TIMES



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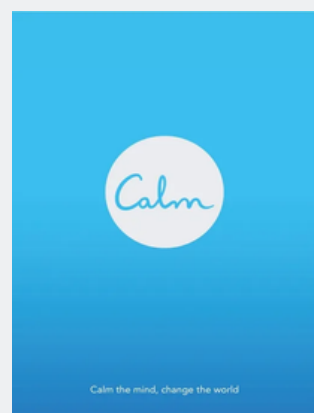
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Davis, K. (2019, December). *Legal Information Management*, 19(4), 252-255.

According to the author, resilience is the lynchpin to achieving one's goals in life. She suggests three practical strategies to use when things go wrong and recommends books which offer further insights on how to bounce back up after falling down.

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A New Era For Mind-Body Medicine.

Dossett, M., ; Fricchione, G. L. & Benson, H. (2020, April 9). *The New England Journal of Medicine*, 382(15), 1390-1391.

Meditation and other types of mind-body practices have been shown in random and controlled clinical trials to have physical and mental benefits. The authors also believe that such therapies can be useful in managing chronic pain and other similar diseases by reducing the physiological effects of stress.

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