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The study authors speculate that people simply don't ... That's because some research has shown that mind-wandering often leads to rumination, and obsessing on the negative is definitely not ...

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In the study, a large mirror was placed in a horse ... we often mean they have a special insight into their own mind. Perhaps they know what they really want, or they're aware of their ...

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We are four researchers who study psycholinguistics, linguistics ... How quickly and efficiently they do this depends on how their lexicon is organized in their mind. The database our team built is ...

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**Delhi study**

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A recent study highlights all of the benefits of doing yoga on a regular basis, and highlights one side effect in particular, you should know.

REGINA, SASKATCHEWAN, CANADA, March 12, 2021 /EINPresswire.com/ -- A

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Improving awareness of one's internal states may provide opportunities to engage in mind-body skills that allow yoga practitioners to consciously intervene in their own stress reduction." This study

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