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WELLBEING NEWSLETTER

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Born to Belong

by Rachel Druckenmiller

Each of us has experienced some form of social rejection, loneliness or the sense that we don't belong or fit in. Some of us have to spend quite a bit of time reflecting to remember those moments, while others can recall them immediately. Regardless of what we recall, what we can each recognize is how painful those moments were - and might still be.

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The Best Diets For Weight Loss, Ranked By A Gut Doctor

If I got paid every time someone asked me about a particular diet's merits or drawbacks, I could comfortably retire right now on some remote Tahitian island.

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Being Bored Can Be Good for You—if You Do It Right. Here's How

If you're waiting for brilliance to strike, try getting bored first. That's the takeaway of a study published recently in the journal *Academy of Management Discoveries*, which found that boredom can spark individual productivity and creativity.

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A Free and Powerful Tool for Employee Motivation (Hint: It's a Conversation)

Managers are constantly searching for better ways to motivate employees. They develop incentive plans, create awards, spark friendly



office competitions, and re-design work environments an effort to drive productivity.

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