

The meaning of reading to store energy

Recently I felt inspired to make an off the cuff list of all the ways we learn to read energy, and I created this post to share this list. But first, a tiny tutorial: Reading Energy 101-- If ...

You may be surprised to learn that reading ranks right up there with yoga and humor to reduce stress. One study found that after a group of 24 healthy adults participated in a stressful task ...

Those flow experiences also help reduce work-family conflict and lower the need for recovery, meaning virtual meeting flow supports mental energy even after work hours. As hybrid & remote work become ...

Often, high and low energy refers to a person's mood, or even to their level of spiritual enlightenment or evolution. Thus, you'll hear people describe how you can raise your energy, by ...



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