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The teacher who changed my life theme

Thank you for joining the conversation. Photos, content and comments can be used on today shows and digital and social platforms. You must be the parent or guardian of the minor featured in the content you post, and you must have parental permission to do so. If you have any today community@tidalmail.com contact us. Photos: Fraser Mummery is welcome back to midweek meditation, Lifehacker's weekly dip into a puddle of stoic wisdom, and a guide to using the ocean to reflect and improve your life. Welcome back to midweek meditation, Lifehacker's weekly dip into a puddle of stoic wisdom, and... Read more This week's selection comes from Marcus Aurelius's meditation. At the end of book 11, he goes through an interesting aspect of change: grapes ripe, ripe, raisins: all change, as beings, but as yet beings. Here's another version: ripe grapes, ripe bunches, dried grapes, all in nothing, but it changes to something that doesn't yet exist. G/O Media can earn commissionsCubi pro underdesk ovals in their own way, Aurelius explains that grapes are not actually objects, it is an event. It starts raw, then it becomes ripe, and eventually raisins. Even then, it breaks down into molecules that become something else. It's not something that doesn't exist, it's just in a state that doesn't always exist yet. What we perceive as grapes is actually changing itself. The same thing could be said for you. Your life is always a change. Once a child, you will now gradually ripen, and one day you will become old and wrinkled. I think I'm always in the process of turning myself into something that doesn't exist yet. What you need to take from itChange is not just an important aspect of life, but life itself. Your mind and body are changing every second of every day. The moment you are pregnant, you change to become a baby; The moment you are born, you change to become an infant; Then to the teenager; Etc. You're always on your way to another version of your own. Welcome back to midweek meditation, Lifehacker's weekly swim dips into a puddle of stoic wisdom, and... Read more but what will it do? During this constant conversion, you present numerous choices. Every move you make, every action you allow, every decision that lands during these transformations is yours. These choices can be simple: do I eat pizza or salad? Am I exercising or sitting on the couch? Do you wear this shirt? Do you wake up now or in 15 minutes? Or these choices can be more complicated: Do I have my career and opportunities? Moving to a new city? Do you say I love them? You can't stop changing, but you can create shapes. You're constantly changing - in travel you have no choice and so is everyone. Everything around you. Change is a gift, change is freedom. You can read the full meditation for free. To reveal your last update on December 18, 2020, tap to reveal your clicks. There are hobby gatherings, sporting events, date nights, late night work calls, children's bath times, TV show premieres (of course) and... Dinner? It always seemed like it would take some sort of divine intervention to make a recipe, have dinner (as well as enjoy a meal) and clean the kitchen in an hour. Well, let me introduce you to power pressure cookers, aka game changers. Power pressure cooker is not possible. Create healthy, balanced meals in less than an hour from start to finish. Even decadent dishes such as short gablies or whole meals such as salmon with potatoes and broccoli can be enjoyed from start to finish with the wind on weekday nights. Is there anything easier than throwing a whole meal in one pot and let the pot do the job? I can't think of anything. It's as if you've greatly upgraded your already kitchen staples, Crockpot. Here are some of my favorite power pressure cooker recipes to get dinner on the table at pressure:1. Ramen soup all you need is a big hug, ramen is the perfect dish that night! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach, this 20-minute soup is great in every way. This quick ramen is balanced with the pure protein of chicken and soft boiled eggs, the flavored broth that makes you crave noodles and more! To bump into this recipe more nutritionally, double your carrots and spinach for more vitamins. ~ Check out the recipe here!2. 4 minutes Salmon, broccoli and potatoes are better than a perfectly balanced meal in just 4 minutes? I can't think of anything! You wouldn't believe that this nice, fatty fish worked well with the whole thing of superfood broccoli and potatoes and was done in a short time! Salmon is a great source of omega-3 fatty acids (aka fish oil) that help the heart, skin, joints, organs and more!~ Check out the recipe here!3. Beef GyrosA warm pita fresh made gyro, toppings and even wrapped in Tzatziki sauce, oh my! This recipe will go from fridge to plate in less than an hour with just 15 minutes of preparation time! When making Tzatziki sauce, you need to grab plain Greek yogurt. This yogurt adds another nutritional benefit to this wonderful dish because its protein is naturally higher! You can also add some extra fiber to your selection for the whole wheat pital!~ Check out the recipe here!4. This recipe for shrimp boyle is perfect for summer beach nights, classic shrimp boil recipes that you don't have to spend all day preparing! This recipe is up to fun finger food! Delicious You can taste the best when served at the picnic table. To take this recipe to the next level, adjust the proportions of vegetables to match the protein. By increasing corn and reducing the amount of anduil sausages, you can reduce sodium and calories while increasing fiber and vitamins!5. Perfect pot meal with lots of Mexican quinoa fiber, protein, and flavor! This is a vegetarian and meat lover's dream! Quinoa perfectly replaces white rice in this classic recipe, while praising the beans for making protein-filled dishes. In addition, the addition of all vegetables produces a flavorful meal. Finish this Mexican quinoa perfectly with fresh avocado!~ Check out the recipe here!6. Lo MeinThis Lo Mein will have a greasy, takeaway craving without the usual guilt! It's very often, you can replace the sinful bowl of takeaway with something easy and delicious to make at home! Make this Roman from start to finish in less than 15 minutes. It's faster than it takes for a delivery representative to show up at the door!~ Check out the recipe here!7. The secret to all roticerichkin batch dishes is to cook whole chickens for use in various ways throughout the week! This recipe is the most perfectly moist roticerie chicken available all week, with tacos, soups, sandwiches! Tip: Keep bones and scraps to make amazing chicken stock to have in hand! Cooking broth at longer, lower temperatures can make a delicious bone broth rich in vitamins, minerals and protein!~ Check out the recipe here!8. Chicken and lentil soup are the most cosy soups! Rich in protein, fiber and B vitamins, this soup will satisfy all your cravings! Also, a rushed weekday meal can't be easier, all you have to do is cut and let the power pressure cooker do the job! There's a warm soup for the whole family in just 30 minutes!~ Check out the recipe here!9. Vegan quinoa burrito bowls are good burrito bowls for anyone out there who can't enjoy it? This vegetarian bowl is the perfect one pot meal that can be easily customized! From vegetarians to meat lovers, everyone can enjoy this easy and rich bowl rich in fiber. Add some toppings please make a burrito bowl as good as the restaurant!~ Check out the recipe here!10. Rice and beans Classic rice and bean dishes are staples for many reasons. It's packed with perfectly praised protein, great texture and balanced seasoning. Now you can create this filling balanced meal in less than an hour! No more soaking those beans in advance! Filling this perfectly fairy, balanced meal will make everyone fight for different bowls! ~ Check out the recipe here!11. Summer quinoa salad has made fresh strawberries in this fast season This nourishing Lee Young-yang salad is served to parties or as a light summer dinner for everyone to ask for recipes! Quinoa, fruits, vegetables and nuts make dishes that are perfectly balanced with all food groups. You can leave the cooked chicken breast salad on top or to meet everyone's needs!~ Check out the recipe here!12. Minestrone Soup This minestrone soup is great for all weekday dinners, fast and full of vegetarianism! Rich in vitamin C, antioxidants and vitamin A, it's the perfect dinner for the whole family! Tip: Use whole grain noodles to increase the fiber and B vitamins of this delicious dish!~ Check out the recipe!13. Lemon garlic chicken is a savory chicken that the whole family will love, while at the same time make protein and side dishes! In less than an hour, you can have a beautiful, balanced plate with vegetables and protein. This tasty lemon garlic chicken will give you protein and excitement to spice up any dish!~ Check out the recipe here!14. Chicken FajitasQuick is used to making this fajitas, which is easy and very few dirty dishes will also be handwriting on your favorite Mexican restaurant! Be sure to top these things as you like, but include fresh avocado with vitamins and minerals. Tip: If you want to enjoy sour cream in a fajita, choose plain Greek yogurt that is high in protein, low in calories and delicious!15. A big bowl of coconut chicken curry on top of a coconut chicken curry rice is a dream come true! This bright and savory dish is not dry, but full of vegetables and pure protein! Normally it can take a few hours, just 30 minutes into the power pressure cooker to create a colorful dish!~ Check out the recipe here!16. Cashew chicken this takeaway classic can be on your plate in just 20 minutes but you can pretend it took hours to make it when everyone asked for a recipe! You can double the green bell peppers to increase vegetables without sacrificing any flavor. Top this classic brown rice with fiber and minerals. ~ Check out the recipe!17. Meatloaf meatloaf was a staple of the menu after sliced bread, but it only took 20 minutes to make! This recipe includes meatloaf and sides to make you dream of one-port. Perfect for after a long weekday, this dish is a relaxing necessity. And don't be fooled by the short cooking time, this meatloaf is the best of both worlds - to make it juicy and fast!~ Check out the recipe here! Despite being rooted in the crockpot concept, power pressure cooker meals are much healthier. Without the need for fat sauces to create flavor and prevent drying, power pressure cookers use heat generated by water to cook food. This brings more flavor without drying and overall slender eating. The power pressure cooker We try to eat healthy and balanced with crazy weekday schedules. It can really do everything. You won't be disappointed and you will feel good after enjoying a healthy and balanced meal while easily juggling all the activities you can enjoy! Main photo courtesy of unsplash.com unsplash.com splash via the camera

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