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## Happy new year 2020 punjabi

If your resolution is to save more and spend less this year, we're here with you! From new money-saving strategies to cheap travel tips for privacy protection guides, we have so many in store to serve you with information you can trust in 2019. Happy New Year from Team Clark! Team Clark's guide to saving more, spending less in 2019: Today, we celebrated the five-year mark for Android. Call anniversary, call birthday, we don't mind - as long as you take a minute to celebrate what it is. In a Google+ post, original Android team member Des Smith disqualified what led to the launch, to the launch itself. From pressure to get ready to Larry Page and Sergey Brin rollerblading to catch the event. He expressed his feelings at the time was that they would change the world. How right he is. When Android launches, Blackberry is a powerhouse, and the iPhone is little more than a year. When we take a minute to consider today's news blackberry sells, and iOS takes a page from Android, it puts Android's success into a bit of perspective. Five years on, Android is everywhere. Five years on, Android is everywhere. From watch to PC, Android has taken over - and shows no signs of releasing. With the nature of Android open sources leading to a large (and growing) piece of the market, what we have come to enjoy is just getting better. In the early days of Android Authorities, we didn't quite do our own reviews yet, but we were linked to just about every review out there. In checking out those initial reviews, one of my favorite lines was from Gizmodo, which stated in their decision that G1 Phone and Android operating system did not finish the product. Android won't really be the finished product, either - and that's the beauty of it. Psychologist Angelina R. Sutin and her auditors studied 2,267 Americans from the age of 19 to 96. The participants reported their well-being with a rating of how many statements like I enjoyed life, I felt like I was just as good as everyone else, and I felt hopeful about the future used for the previous week, at regular intervals from 1979 to 2010. The researchers found that wellbeing tends to increase with age. However, people born between 1900 and 1930 had far less well-being scores than those born later (as seen in the graph above), and that effect tends to persist throughout their lives. Researchers think the Great Depression is to They note in the journal Psychological Science that the individual impact of an economic recession, such as losing a job, can cause one's well-being to fall, and it may not bounce back even if he gets a new job. Also, severe economic reunions nationally can reduce well-being levels, a reduction that may persist even through more prosperous times. Sutin and coauthors note Today's volatile economic environment may have a similar effect: As young adults today enter into a staged workforce, high unemployment challenges may have implications for their long-standing well-being replacing the duration of employment. Economic turmoil can prevent psychology, as well as finance, growth even decades after time gets better. Given the recent news that Millennials (between 18 and 33) are more stressed and depressed than average, this seems all too reasonable. Facebook Twitter LinkedIn Pinterest Women's Health: Mind and Mood Nutrition and Fitness Of the New Year could be an exciting time, full of fresh starting promises and new starts. It is also an opportunity to commit to your health and well-being: Eat better. Exercise three times each week. Drink more water. Creating this resolution is pretty simple. Sticking to those outside of January, however, is another story. Whether the new year has you felt completely inspired or tad overwhelmed, expert Johns Hopkins has some advice to help you make - and save - your healthy resolution. 1. Practice conscious nutrition Today, it is common to shred with your eyes glued to the screen, but eating when you are distracted leads to overeating. Take the time to slow down and pay attention to your food, pause to put the appliance between bites. When you eat carefully, it is easier to see when you feel full, plus you are more likely to enjoy the food you eat, says dietitian Johns Hopkins and research nutritionist Diane Vizthum. 2. Relax and relax According to sleep specialist Johns Hopkins Rachel Salas, M.D., when it's time to sleep, it's time to relax – literally. Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing curtains or dimming displays on your alarm clock to actually get the quality of Zs. 3. Practicing thankful attitude takes some time at the beginning or end of the day to figure out what you are grateful for. Grateful daily check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of small aspects, every positive day in our lives helps develop a sense of balance and perspective that can improve wellbeing, says psychiatrist Johns Hopkins, Susan Lehmann, M.D. 4. Find 30 minutes a day for a walk Getting 30 minutes of daily recommended exercise can be as easy as a walk. If you are Busy schedule, take three 10-minute walks throughout your day. That was 10 minutes before work, 10 minutes at lunchtime and then 10 minutes after work. Make it fun! Take a partner at work to take you through your lunch routine. Then have a friend or family member meet you for a night stroll, suggesting Johns Hopkins physical therapist Stacie Page. 5. Take It Making small, daily changes like taking a ladder instead of an elevator may seem small, but they can make a big difference for your heart in the long run. Physically active individuals are more likely to have cardiovascular disease, explained cardiologist Johns Hopkins, Chiadi E. Ndumele, M.D., M.H.S. 6. Commit to a 30-day fitness challenge Choose a simple fitness activity and do not require equipment, and do it for 30 days. There are plenty of options to challenge yourself: practice yoga, regular strolls or join fitness classes. Find what drives you. Whatever you do, make yourself accountable or find an accountability partner. Whether your goal is to lose weight, lose cholesterol or have more energy to play with young ones, you have the power to make changes, encourage Page. As always, talk to your doctor before starting your journey to a healthier you. From South America to the hills of Romania, how children ring in the new year with their parents. The mother made special bread for their families, creasing good luck and wishes into the dough before it burned. People spend months creating detailed clothes for the Junkanoo parade. The weirdest and most beautiful dress won the prize. Families hang a little homemade straw or wooden dolls outside their homes for good luck. Danes threw old dishes at the door of the house of friends for good luck. Finding a huge pile of broken dishes on the morning of January 1 means you have a lot of friends! The family celebrate Año Viejo by deleting old clothes with newspapers and firecrackers, just as scary. At midnight, each family set the dummy ablaze, representing the departure of the old year. Parents fill their children's shoes with performances at night. They tell the little ones the gifts are from St. Basil, who is known for his kindness and generosity to children and the poor. Japan decorates their front doors with pine and bamboo branches to bring long health and life. They can also add fans, seaweed, or ferns to happiness and good luck. Children are given a small gift of money called otoshidamas. At midnight, the stomach and gongs were carried out 108 times to chase 108 problems, and people laughed to drive bad spirits. To the north, children go caroling, singing old songs called Janeiros from home to home, where they are given sweets and coins. Children throw paint water out the window at midnight to get rid of their home of evil spirits. Kids would like new year people to be happy with touching them with a bouquet called sorcova, which consists of twigs from apple trees, gals, cherries, or plums to represent fertility, health, and purity. Traditionally twigs will be placed in the water on November 30 so they will bloom ahead of New Year's Eve. Today people decorate twigs with flowers made of coloured paper. Many Southerners eat eating nuts for good luck. Round food is traditional for new years in many cultures because circles represent a continuity. Black-eyed nuts are considered particularly fortunate because they contain two concise circles When the clock strikes midnight, people eat 12 grapes, one for every lashing of the clock and fortunately in every new year month. Switzerland let a drop of creamy land on the floor on New Year's Day to bring luck. This year saw new voices join our choir. Brett Tingley has evolved into an in-depth research feature author on an almost unsusplicable topic. I was surprised by his growth and the excitement of his awesome work. I can't wait for what comes next from him. Chris Ox Harmer has written some amazing stories and gave us a unique perspective that only a veteran Navy helicopter pilot with thousands of hours can. Tim McMillan has been a true joy to work with and watch go about his work. He's the best old school investigator I know. If he can't find that person or thing, nobody can. John Denton, one of our most prolific commentators and a man with special operations experience for two decades, has also set aside into an editorial fray with great success. I'm so excited to see more of him in the future. Beyond the new fixed, there are many others who have gone to incredible lengths to tell the stories that need to be told—their stories. From Francesco Paco Chierici Life and times flying Intruders, Tomcats, and the F-5s, to our respected Ancient Subhunter, Kevin Noonan, and his love affair with the S-3 Vikings, and more, these are pieces that take so much time and effort Then there are all our resources, open source intelligence gatherings, and social media contacts that provide so many key indicators and details that make our work rising above the fry I can't emphasize enough of the value they add to our daily production. Oftentimes they do so knowing that credit cannot be given. Absolutely unselfish support for the work we do. Our defensive media partners who post great content that we source every day also require honorable pronunciation. Oftentimes, their stories allow us to springboard into our own special treatment on topics. Steve Trimble, the defensive editor at Aviation Week, is like an honorable team member. He was often the first person I contacted when I needed to bounce something out of. An incredible source and a man that really likes the topic. Like us, it's not just a job, it's a lifestyle! In addition, all defence industry communications representatives and our Department of Defence public affairs officers, some of whom gained important information over a very fast, very valuable timeflow period. We can't thank them enough. One of the most unique things about War Zones is that it's not just a website, it is Our comment crew, many of which have been with me for years, are absolutely magical. They are an incredible resource for all things, including laughter, and bring the site to live with their great discourse, mobilize personal stories, and witty quips. One of the highlights of my working day was slow and just read what was going on in the comments. It was never boring. One of the elements that you reader doesn't see is our incredible management, administration and ownership team. They fully support what we do to an amazing level and allow us to focus on the product. We are truly blessed to work with intelligent, engaged, and motivated people. In short, it's the best and most

tide overall team I've ever worked with, anywhere. A rare thing in this day and the age of media business turmoil. Last but not least, do you! Our readers! We survive because you come back every day. You share our posts on social media and tell your friends about this unique place. When you open your browser at work and check us it means more to us than you would know. I can't thank you all enough to stick with us and spread the gospel about what we offer here every day. The War zone will continue to grow and grow in the new year—or should I say a decade—in a good way. There is no limit to what we can achieve with dedicated friends and readers in our orbit. With that said, this is a great time for me to ask you what you like and what you want to see more of us in 2020. Let us know in the comments below. I wish you great prosperity and happiness to you and your family in the new year! Contact the author: Tyler@thedrive.com Tyler@thedrive.com

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