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~~Social Security expert~~

~~Laurence Kotlikoff believes
at least half, if not 70%,~~

~~of people claiming Social
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~~making major mistakes.' ...~~

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~~How to get good help with
claiming Social
Security when and how you
claim can be the difference
between a decent retirement
and a terrible one~~

When someone we know is experiencing anxiety, it can feel like there is nothing we can do to help them. It can be overwhelming to constantly answer questions, calm the individual, or help de ...

~~How to Help Someone with Anxiety~~

There's a girl at my work who talks over everyone. Its so annoying I've almost told her to wait because I'm in a middle of a conversation.

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~~How to deal with someone who
talks over everyone?~~

She wants to help others
regain power they fell
they've lost due to PTSD).

"To have some sort of
control given back to you is
such a gift," Becker said.

"My hope is that people who
are struggling ...

~~Battle Buds: Shannon and
Soldier working together to
help people with post
traumatic stress~~

Research shows young women
with disabilities often face
discrimination due to both
their gender and their
disability. But, a new study
offers some hope that things

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can change. Researchers
compared a ...

~~Here's how to help girls
with disabilities land jobs~~

The Government of Canada,
through its COVID-19

Immunity Task Force (CITF)
and Vaccine Surveillance
Reference Group (VSRG), ...

~~How well do COVID-19
vaccines work in people with
cancer, immune deficiencies
and other populations with
health vulnerabilities?~~

Millions of people returning
to the workplace means
millions of pups left home
alone - some of them never
having experienced their
people being gone all day.

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2nd Edition Loved One

~~Preparation Can Help Dogs
Cope with Their People
Returning to Work~~

Singing was the only time I
felt in control of my lungs
and, paradoxically, able to
forget about them. It was
October and my shortness of
breath had worsened after
weeks of teasing
improvement.

~~How singing could help
people with long COVID
breathe easier~~

The Red Sox star shortstop
went 2-for-3 with an RBI to
help the American League win
5-2 over the National League
in the 2021 MLB All-Star
Game on Tuesday here at

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~~Coors Field. Bogaerts was
mic'd up~~

~~How Boston Red Sox players
did in the 2021 All Star
Game: Mic'd up Xander
Bogaerts goes 2 for 3 with
RBI to help AL beat NL~~

Whether you are an hour away
or live in a different
state, long-distance
caregiving is often a
challenge, especially
because you want to be an
integral part in the care of
your loved one with . . .

~~Alzheimers Q&A: How can I
help someone with
Alzheimer's when I live far
away?~~

BUT SOMEONE WITH LONGER

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DURATION ANXIETY OR
DEPRESSION SHOULD SEEK HELP.
A PRIMARY CARE DOCTOR MAY BE
THE BEST PLACE TO START. ARE
STRUGGLING WITH ANXIETY OR
SLEEP. ANTOINETTE ANTONIO,
WCVB ...

~~How to recognize when
someone needs help coming
out of the pandemic and what
to do~~

While state services are
designed to offer help,
Swadhin says that many
survivors of sexual ...

“That includes education on
the global pandemic of child
sexual abuse, because young
people are already ...

~~Turning pain into activism:~~

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~~How 1 person's experience
with childhood sexual abuse
inspired them to help others
heal~~

While the heavy lifting of
climate reform is up to the
government, you can help
relieve the immediate
effects of heat waves by
helping to keep people stay
hydrated, cool, and safe.
Here's how ...

~~How To Help People Affected
By The Pacific Northwest
Heat Waves~~

“So many people wanted to
help out, so many people had
a loved one [out there] or
some type of connection to
the area.” Based on the
flood of support, Bradley

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reached out to his friend
Justin . . .

~~How a Facebook group is
working to help people
living at Mass. and Cass and
their worried loved ones~~

The majority of people
seeking help with their
grief have struggled to
access bereavement services
during the coronavirus
pandemic, early research
suggests. Many people
struggling after a
bereavement . . .

~~People seeking help with
grief during pandemic
'struggled to access
support'~~

Someone showing up

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unannounced with boxes of pizza would not help, he said. The agency provides meals both at its shelter locations and in devastated neighborhoods through its mobile cantina.

~~Here's how to help tornado victims in Naperville, where victims can get help and how seams can be avoided~~

JENNIFER: WLKY'S MARK

VANDERHOFF DETAILS HIS PLAN, PLUS AN EFFORT TO HELP THOSE WHO NEED RENTAL ... DO NOT COME OUT WITH DEBT CAUSED BY THE PEOPLE THAT HAS HAPPENED IN THEIR LIVES.

~~Kentucky still has \$200M to help people with rent,~~

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~~utilities. How to apply for
it~~

Watt: You can discuss ways
that your child can problem
solve to help them navigate
and manage difficult
situations – if another
child is getting too close
to them and they feel
uncomfortable, or if ...

~~How To Help Your Child
Return To In-Person School –
Even If They're Nervous
About It~~

“This movement is about
coming together and giving
people with diabetes the
tools and resources to help
them feel healthier and live
the life they want,” said
Nick Jonas. “Having lived

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With Depression Anxiety

~~DexCom, Nick Jonas and~~

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Leading Diabetes Nonprofits~~

~~Launch Initiative to Help~~

~~Improve the Lives of People~~

~~With Diabetes~~

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