

the power of moments why certain experiences have - *the power of moments why certain experiences have extraordinary impact chip heath dan heath on amazon com free shipping on qualifying offers the new york times bestselling authors of switch and made to stick explore why certain brief experiences can jolt us and elevate us and change us and how we can learn to create such extraordinary moments in our life and work b br br while, your 20s are still the most important decade of your life* - *dr meg jay our 20s are the defining decade of adulthood 80 of life s most defining moments take place by about age 35 2 3 of lifetime wage growth happens during the first ten years of a, does fascia matter www painscience com* - *article summary fascia is widely regarded as an exciting scientific frontier with well attended fascia conferences featuring gurus in the world of massage and manual therapy the main idea is that fascia tough connective tissue wrapping around all muscles and organs can get tight and restrictive and needs to be released by pulling on it artfully, the consumer decision journey mckinsey* - *consumers are moving outside the marketing funnel by changing the way they research and buy products here s how marketers should respond to the new customer journey if marketing has one goal it s to reach consumers at the moments that most influence their decisions that s why consumer*

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