

There are several important social skills that can greatly benefit individuals in their personal and professional lives. These skills are essential for effective communication, building and maintaining relationships, and navigating social situations. Here are some of the most important social skills and a brief description of each:

- 1. Active Listening:** Active listening is a crucial social skill that involves fully concentrating, understanding, responding, and remembering what is being said. It involves giving the speaker your full attention, making eye contact, and acknowledging their message. This skill helps individuals to better understand others, build empathy, and avoid misunderstandings.
- 2. Empathy:** Empathy is the ability to understand and share the feelings of others. It involves being able to put yourself in someone else's shoes, understand their emotions, and respond in a caring and supportive manner. Empathy is essential for building strong, meaningful relationships and fostering a sense of connection and understanding with others.
- 3. Effective Communication:** Effective communication is the foundation of successful social interactions. This skill encompasses both verbal and non-verbal communication, including the ability to express thoughts and ideas clearly, listen actively, and adapt communication styles to different audiences. Effective communication also involves being mindful of body language, tone of voice, and facial expressions.
- 4. Conflict Resolution:** Conflict resolution skills are important for managing and resolving interpersonal conflicts in a constructive and respectful manner. This involves the ability to remain calm, actively listen to opposing viewpoints, seek common ground, and work towards mutually beneficial solutions. Individuals with strong conflict resolution skills can help de-escalate conflicts and maintain positive relationships.
- 5. Emotional Regulation:** Emotional regulation involves the ability to manage and control one's own emotions in various situations. It includes being aware of your emotional state, recognizing triggers, and using healthy coping mechanisms to regulate emotions. This skill is important for maintaining composure, making rational decisions, and responding to others in a calm and respectful manner.
- 6. Assertiveness:** Being assertive means expressing your thoughts, feelings, and needs in a direct and respectful manner. It involves standing up for yourself, setting boundaries, and communicating openly without being aggressive or passive. Assertive individuals can effectively advocate for themselves while still considering the feelings and perspectives of others.
- 7. Flexibility and Adaptability:** Social situations often require flexibility and adaptability to navigate changing circumstances and different personalities. Being flexible means being open to new ideas, willing to compromise, and adjusting to unexpected changes. This skill is important for building rapport with diverse individuals and successfully managing dynamic social environments.
- 8. Collaboration and Teamwork:** The ability to collaborate with others and work effectively in a team is a vital social skill in both personal and professional settings. It involves being able to communicate, contribute ideas, and support the efforts of others towards a common goal. Collaboration skills are essential for building strong relationships, solving problems, and achieving collective success.
- 9. Social Awareness:** Social awareness involves being perceptive and understanding of social dynamics, cultural norms, and the emotions of others. It includes recognizing non-verbal cues, understanding social contexts, and adapting behavior to different situations. Socially aware individuals are attuned to the needs and perspectives of others, which helps them navigate social interactions with empathy and sensitivity.
- 10. Networking:** Networking skills are important for building and maintaining professional relationships and expanding personal and professional opportunities. This involves the ability to connect with others, cultivate meaningful connections, and leverage those relationships for mutual benefit. Effective networking requires strong communication, genuine interest in others, and the ability to establish rapport and trust.

These social skills are essential for building strong relationships, fostering effective communication, and navigating the complexities of social interactions. Developing and honing these skills can greatly enhance personal and professional success while contributing to a more harmonious and empathetic social environment.

Jan 24, 2024 12:43:09pm

Learning and cultivating social skills is important for overcoming mental disease and in general for leading a successful and fulfilling life.

Jan 24, 2024 12:42:55pm

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

And here are all the chapters and appendixes of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>
Updated Jan 23, 2024 6:54:57pm

Jan 23, 2024 6:54:57pm

I nearly had a heart attack, when I was in the morgue, waiting to witness my brother's autopsy. Then, I rushed to the Emergency room by foot, which was right next to the morgue. Fortunately, I was well.

And is it fair that we lost my brother's income and now we can hardly make ends meet, while the responsible for all this live a life of lust and gluttony?

Jan 23, 2024 6:06:26pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=yJ2r2ikm6EA&si=5Grfn-wuOAupf5s>

Updated Jan 23, 2024 3:22:30am

Jan 23, 2024 3:22:30am

Solon Papageorgiou shared a link.

<https://invideo.io/>

<https://invideo.io/>
Updated Jan 23, 2024 12:34:52am

Jan 23, 2024 12:34:52am

Solon Papageorgiou shared a link.

<https://play.google.com/store/apps/details?id=com.reflectio.io>

Updated Jan 22, 2024 6:50:23pm

Jan 22, 2024 6:50:23pm

Solon Papageorgiou shared a link.

<http://anti-psychiatry.com/>

[Anti-psychiatry.com](http://anti-psychiatry.com/) is a website that promotes the views and opinions of the anti-psychiatry movement, which is a movement based on the view that psychiatric treatment is often more damaging than helpful to patients, highlighting controversies about psychiatry¹². The website features articles, videos, books, and links to other resources that criticize various aspects of psychiatry, such as the reliability of psychiatric diagnosis, the effectiveness and harm of psychiatric medications, the coercive nature of involuntary commitment and treatment, and the philosophical and ethical implications of psychotherapy and psychoactive drugs. The website also advocates for alternatives to psychiatry, such as peer support, holistic health, and human rights³.

The website claims to be "a voice for the voiceless" and "a platform for those who have been harmed by psychiatry". It also states that it is not affiliated with any organization or group, and that it does not provide any medical or legal advice. The website is run by volunteers who have personal or professional experience with psychiatry, and who share a common vision of "a world free of psychiatric oppression". The website invites visitors to join the anti-psychiatry movement and to contribute their own stories.

Updated Jan 22, 2024 12:22:31pm

Jan 22, 2024 12:22:31pm

Solon Papageorgiou shared a link.

https://music.youtube.com/watch?v=DGITGudT6l0&si=rT_2wlccurSn8XWG

Updated Jan 22, 2024 11:08:58am

Jan 22, 2024 11:08:58am

After decades of study, billions of dollars spent, and thousands of studies conducted, the failure to identify any genes for schizophrenia should definitively put to rest the notion that schizophrenia is a genetic disorder, according to E. Fuller Torrey.

Jan 22, 2024 10:49:28am

Why self-care and personal hygiene is important? Not only does it keep diseases at bay, but grooming one's self leads to higher levels of self-esteem and personal satisfaction!

Plus, it facilitates socialization! No one wants to interact with a smelly person :(

Jan 22, 2024 3:43:03am

Solon Papageorgiou shared a link.

<https://deepai.org/machine-learning-model/text2img>

<https://deepai.org/machine-learning-model/text2img>

Updated Jan 22, 2024 3:41:23am

Jan 22, 2024 3:41:23am

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

And here are all the chapters and appendixes of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>
Updated Jan 22, 2024 3:40:50am

Jan 22, 2024 3:40:50am

Can you see mental illness in a brain scan?

Can Brain Scans Diagnose Mental Illness? While brain scans can be a helpful tool for doctors to identify and rule out physical conditions that might be causing mental health symptoms, they are not currently reliable enough to diagnose mental illness on their own.

Jan 21, 2024 8:59:44am

How to work remotely for any company in the world

You form a sole proprietorship and issue the company a monthly service receipt.

You pay your dues, such as social security and taxes to the state by yourself every now and then (online) as the law specifies.

You hire an accountant or a company that offers accounting services for 100 Euros a month and off you go!

Jan 21, 2024 6:19:04am

Solon Papageorgiou shared a link.

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And here are all the chapters and appendixes of the book 'New Cyprus and New World.'

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Updated Jan 20, 2024 8:38:23pm

Jan 20, 2024 8:38:23pm

Ορίστε τα εγκλήματα ψευτομάγκων και ψευτομάγκισων, που περνούντε για έξυπνοι: εγκληματική αμέλεια ιατρών, πρόκληση σωματικής βλάβης, έκθεση σε θάνατο σε εβδομαδιαία βάση από το 2010, παράνομη θεραπεία, υπερβολική θεραπεία, άρνηση διακοπής φαρμάκων. λάθος διαγνώσεις, ψυχική οδύνη, bullying, παραβίαση ανθρωπίνων δικαιωμάτων, ψυχολογική κακοποίηση, παράβαση δημοσίου καθήκοντος, σύσταση συμμορίας, άρνηση παροχής ιατροφαρμακευτικής περιθάλψεως, εκφοβισμός και τρομοκρατία και ανθρωποκτονία εκ προθέσεως έναντι εμού, της μητέρας μου και του αδερφού μου, Αδάμου.

Jan 20, 2024 7:51:33pm

Solon Papageorgiou shared a link.

<https://mejoralumno.com/>

<https://mejoralumno.com/>
Updated Jan 20, 2024 6:17:02pm

Jan 20, 2024 6:17:02pm

Solon Papageorgiou shared a link.

<https://play.google.com/store/apps/details?id=hacking.learnhacking.learn.hack.ethicalhacking.programming.coding>

Updated Jan 20, 2024 2:43:27pm

Jan 20, 2024 2:43:27pm

Solon Papageorgiou shared a link.

<https://play.google.com/store/apps/details?id=com.microsoft.bing>

Updated Jan 20, 2024 2:42:52pm

Jan 20, 2024 2:42:52pm

Timeline photos

Jan 20, 2024 8:18:41am

Solon Papageorgiou shared a link.

<https://youtube.com/shorts/zDod6Ngf8FU?si=d3DyxfY6dF34svHq>

Updated Jan 20, 2024 12:07:39am

Jan 20, 2024 12:07:39am

Solon Papageorgiou shared a link.

https://anti--psychiatry-com.translate.google/?_x_tr_sl=ja&_x_tr_tl=el&_x_tr_hl=en&_x_tr_pto=wapp

https://anti--psychiatry-com.translate.google/?_x_tr_sl=ja&_x_tr_tl=el&_x_tr_hl=en&_x_tr_pto=wapp

Updated Jan 19, 2024 10:08:25pm

Jan 19, 2024 10:08:25pm

How about a whole governmental department threatening your whole family that they will lock you somewhere (because they don't like you and you apparently don't conform to their own understanding of how things ought to be)?

How about that?

What if you are next?

Jan 19, 2024 6:12:35pm

Solon Papageorgiou shared a link.

https://music.youtube.com/watch?v=wZf41UudAbI&si=wCPn4sFBI_1XWJvz

Updated Jan 19, 2024 5:59:58pm

Jan 19, 2024 5:59:58pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=2RlnYC7skbl&si=L978ZrEFrLubGe0o>

Updated Jan 19, 2024 5:56:15pm

Jan 19, 2024 5:56:15pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=EZ98IJ0usoE&si=Zi-R4vA0hCqIwPdj>

Updated Jan 19, 2024 5:49:11pm

Jan 19, 2024 5:49:11pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=lbjZPFBD6JU&feature=share>

Updated Jan 19, 2024 5:39:02pm

Jan 19, 2024 5:39:02pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=BERFZja9wb0&si=RxDYN5XB8W7mvH-l>

Updated Jan 19, 2024 5:35:01pm

Jan 19, 2024 5:35:01pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=Jne9t8sHpUc&si=GKetPvw1b7HGjIGF>

Updated Jan 19, 2024 5:33:33pm

Jan 19, 2024 5:33:33pm

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

OK, here it goes, dad threw us to the street when he divorced with my mom, why?

Conveniently, no relative cared. Came to Cyprus and isolated us. Forgot our names.

Fast forward a few years later, I was building software for the TV, that the whole of island would see.

Miraculously, we suddenly got a name.

Then, the system showed its true face, you know what it did, so, legally I went after it.

Then, all relatives again forgot our names.

Then, miraculously my brother died, the system figured out a way to eliminate him.

Then, they remembered my name.

Then, I decided to talk, see <https://anti-psychiatry.com/>, then again they all forgot my name.

Will it be better for you?

Guess what, I am too strong and I'll survive and thrive. Worst case scenario, I'll become even better.

What about you?

Updated Jan 19, 2024 5:32:12pm

Jan 19, 2024 5:32:12pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=5CuKcUU2xx4&si=cJ8Z13jVQqeu4N0u>

Updated Jan 19, 2024 5:20:06pm

Jan 19, 2024 5:20:06pm

Solon Papageorgiou shared a link.

https://music.youtube.com/watch?v=2GxU2JOkQsk&si=3uvZu8AsJ_CsgAIP

Updated Jan 19, 2024 5:17:19pm

Jan 19, 2024 5:17:19pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=rrPUJsZQSkw&si=lgh9SwtxSPBNzyYV>

Updated Jan 19, 2024 5:12:26pm

Jan 19, 2024 5:12:26pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=aKothnJ2-kk&si=VuUrUvlnWB3HScko>

Updated Jan 19, 2024 5:08:56pm

Jan 19, 2024 5:08:56pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=iQVei5C2N4E&si=TEIG2pFUmdMCGkKI>

Updated Jan 19, 2024 4:57:33pm

Jan 19, 2024 4:57:33pm

I've been abandoned by friends, relatives, parents and other people that supposedly their job is to help a thousand times. How about you?

They are pretty happy to be around when you thrive, if you seem to be in trouble, they magically disappear.

Not only that, they attempt to ruin you, too. How do you explain that?

The only safe way is to keep away and keep them at bay.

I'm telling you. One day, I'll tell the truth.

I am in serious temptation to forget about them, move on and find new people in my life.

Jan 19, 2024 4:52:49pm

Who's next to abandon you? Will you parents abandon you? Likely.

Jan 19, 2024 4:45:24pm

When it gets tough, gets who's the first to abandon you. Your relatives of course.

Jan 19, 2024 4:42:14pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/GoYwato-Home-Tool-Kit-280-PCs/dp/B0CJ2TM842/ref=sr_1_2?crd=UN1DIMA98IZU&keywords=complete%2Bhandyman%27s%2Bscrewdrivers%2Band%2Bmore&qid=1705666977&s=diy&sprefix=complete%2Bhandy%2Bmans%2Bscrewdrivers%2Band%2Bmore%2Cdiy%2C198&sr=1-2&th=1

https://www.amazon.co.uk/GoYwato-Home-Tool-Kit-280-PCs/dp/B0CJ2TM842/ref=sr_1_2?crd=UN1DIMA98IZU&keywords=complete%2Bhandyman%27s%2Bscrewdrivers%2Band%2Bmore&qid=1705666977&s=diy&sprefix=complete%2Bhandy%2Bmans%2Bscrewdrivers%2Band%2Bmore%2Cdiy%2C198&sr=1-2&th=1

Updated Jan 19, 2024 2:23:46pm

Jan 19, 2024 2:23:46pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/dp/B09PR4Z21Q/ref=sspa_dk_detail_5?pd_rd_i=B09PR4Z21Q&pd_rd_w=CTAdE&content-id=amzn1.sym.0f0ab399-5c6b-44d4-9cc7-077c8b5dcba9&pf_rd_p=0f0ab399-5c6b-44d4-9cc7-077c8b5dcba9&pf_rd_r=MPGGBPXEB3VK479S3AP7&pd_rd_wg=0SLuK&pd_rd_r=e0e29380-1a35-4d4f-8642-e92bd2a131f3&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWxfdGhlfWF0aWM&th=1

https://www.amazon.co.uk/dp/B09PR4Z21Q/ref=sspa_dk_detail_5?pd_rd_i=B09PR4Z21Q&pd_rd_w=CTAdE&content-id=amzn1.sym.0f0ab399-5c6b-44d4-9cc7-077c8b5dcba9&pf_rd_p=0f0ab399-5c6b-44d4-9cc7-077c8b5dcba9&pf_rd_r=MPGGBPXEB3VK479S3AP7&pd_rd_wg=0SLuK&pd_rd_r=e0e29380-1a35-4d4f-8642-e92bd2a131f3&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWxfdGhlfWF0aWM&th=1

Updated Jan 19, 2024 2:21:49pm

Jan 19, 2024 2:21:49pm

Trust is based on the premise that if you trust me, I will give you something in the future. If there is no trust, then all transactions have to take place immediately!

Jan 19, 2024 1:54:54pm

Solon Papageorgiou shared a link.

<https://www.playablstudios.com/facade>

Learn English with Façade! Don't forget to turn the subtitles on!

<https://www.playablstudios.com/facade>

Updated Jan 19, 2024 1:53:18pm

Jan 19, 2024 1:53:18pm

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

And here are all the parts and the appendixes of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 19, 2024 1:51:52pm

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Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=Jne9t8sHpUc&si=p9LxlO3iuZGNthwS>

Updated Jan 19, 2024 9:54:50am

Jan 19, 2024 9:54:50am

Psychodynamic Therapy - Detailed Breakdown Of Each Step

Psychodynamic therapy is a comprehensive and dynamic approach that involves exploring the unconscious mind, understanding early experiences, and resolving inner conflicts. Here's a detailed breakdown of each step in psychodynamic therapy:

1. Assessment and Case Formulation:

- ★ **Thorough Assessment:** Gather detailed information about the client's history, including early childhood experiences, family dynamics, and significant life events.
- ★ **Formulate Hypotheses:** Develop hypotheses about unconscious processes, unresolved conflicts, and patterns of behavior based on the assessment.

2. Building the Therapeutic Relationship:

- ★ **Establish Trust:** Create a safe and empathetic environment to foster a strong therapeutic alliance.
- ★ **Develop Rapport:** Encourage open communication, ensuring the client feels comfortable discussing personal and sensitive topics.

3. Setting the Frame:

- ★ **Contracting:** Discuss and agree upon the structure of therapy, including session frequency, duration, and the therapeutic frame.
- ★ **Clarify Roles:** Establish clear roles for both the therapist and the client within the therapeutic relationship.

4. Free Association and Exploration:

- ★ **Encourage Free Association:** Invite the client to speak freely about thoughts, feelings, and images without censorship.
- ★ **Exploration of Unconscious Material:** Analyze the content for recurring themes, symbols, and emotions that may provide insights into unconscious processes.

5. Dream Analysis:

- ★ **Dream Exploration:** Explore the client's dreams for symbolic content and latent meanings.
- ★ **Integration with Present Experience:** Connect dream material to the client's current thoughts, emotions, and experiences.

6. Analysis of Resistance:

- ★ **Identify Resistance:** Explore instances where the client avoids or struggles with certain topics or emotions.
- ★ **Understand the Function:** Analyze resistance as a defense mechanism and uncover its function in protecting against anxiety.

7. Transference and Countertransference:

★ **Transference Analysis:** Explore the client's feelings and attitudes toward the therapist, often rooted in past relationships.

★ **Countertransference Awareness:** The therapist reflects on their own emotional reactions toward the client, gaining insight into the therapeutic relationship dynamics.

8. Interpretation:

★ **Offering Interpretations:** Provide thoughtful interpretations of unconscious material, connecting past experiences to current thoughts and behaviors.

★ **Timing and Gradual Revelation:** Introduce interpretations gradually, considering the client's readiness and capacity for insight.

9. Working Through:

★ **Exploration of Themes:** Collaboratively explore recurrent themes, conflicts, and emotional experiences.

★ **Resolution:** Work towards resolving inner conflicts and promoting psychological growth and self-understanding.

10. Promoting Insight and Self-Reflection:

★ **Facilitate Reflection:** Encourage ongoing self-reflection and insight into the client's motivations, desires, and fears.

★ **Integration:** Support the integration of newfound awareness into the client's daily life.

11. Termination:

★ **Gradual Conclusion:** Conclude therapy gradually as therapeutic goals are achieved.

★ **Review and Consolidate Gains:** Reflect on progress, consolidate insights, and discuss strategies for maintaining positive changes.

12. Follow-Up and Integration:

★ **Post-Therapy Support:** Provide follow-up sessions if necessary to address any emerging challenges and provide support.

★ **Integration into Daily Life:** Help the client integrate therapeutic gains into their daily life, relationships, and decision-making.

13. Supervision and Continuous Professional Development:

★ **Supervision:** Therapists engaged in psychodynamic therapy often seek supervision to gain insights and guidance.

★ **Continued Learning:** Engage in ongoing professional development to stay informed about new research and therapeutic approaches.

Psychodynamic therapy is a dynamic and evolving process that requires a deep understanding of psychological theories, empathy, and the ability to navigate complex interpersonal dynamics. Therapists adapt their approach based on the unique needs and responses of each client, fostering a rich and transformative therapeutic journey.

Jan 19, 2024 9:54:09am

Psychodynamic Therapy In Very Detailed Steps

Psychodynamic therapy is a comprehensive therapeutic approach that delves into the unconscious mind, aiming to uncover and understand the deep-seated roots of emotional and psychological challenges. Here is a more detailed breakdown of the steps involved in psychodynamic therapy:

1. Initial Assessment:

- The therapist conducts a thorough assessment of the client's history, including early childhood experiences, family dynamics, and significant life events.
- The assessment helps form a comprehensive understanding of the client's background and potential sources of distress.

2. Establishing the Therapeutic Alliance:

- Building a strong therapeutic relationship is fundamental. The therapist fosters trust, empathy, and open communication.
- The client is encouraged to share their thoughts, emotions, and concerns in a safe and non-judgmental environment.

3. Contracting and Goal Setting:

- Collaboratively establish the goals of therapy. These goals may include increased self-awareness, understanding patterns of behavior, and resolving inner conflicts.
- The therapist and client discuss the structure, frequency, and duration of sessions.

4. Free Association:

- The client engages in free association, verbalizing thoughts, feelings, and images without censoring.
- This technique aims to uncover unconscious material and reveal patterns or themes that may contribute to the client's difficulties.

5. Dream Analysis:

- Explore the client's dreams for symbolic content and unconscious material.
- Dream analysis provides insights into unresolved issues and emotions residing in the unconscious mind.

6. Analysis of Resistance:

- Identify and analyze resistance, which may manifest as avoidance, defensiveness, or reluctance to discuss certain topics.
- Understanding and addressing resistance are crucial for exploring sensitive or challenging aspects of the client's experience.

7. Transference:

- Analyze transference, where the client unconsciously projects feelings and attitudes onto the therapist based on past relationships.
- Transference dynamics offer valuable insights into the client's interpersonal patterns and unresolved conflicts.

8. Countertransference:

- The therapist explores their own reactions, feelings, and countertransference toward the client.
- Awareness of countertransference contributes to a deeper understanding of the therapeutic relationship and the client's dynamics.

9. Interpretation:

- The therapist provides interpretations of unconscious material, making connections between past experiences and current thoughts and behaviors.
- Interpretations aim to enhance the client's self-awareness and understanding.

10. Working Through:

- Engage in a process of working through unresolved issues and conflicts.
- Revisit and re-examine past experiences to gain insight, process emotions, and facilitate psychological growth.

11. Promoting Insight and Self-Reflection:

- Encourage ongoing self-reflection and insight into patterns, motivations, and emotions.
- Support the client in developing a more nuanced understanding of their inner world.

12. Termination and Integration:

- Gradually conclude therapy as therapeutic goals are achieved.
- The therapist and client discuss the progress made, insights gained, and strategies for integrating newfound self-awareness into daily life.

13. Follow-Up and Maintenance:

- Depending on the client's needs, there may be periodic follow-up sessions to address any emerging challenges and provide ongoing support.
- The client is equipped with tools for maintaining positive changes and navigating future life experiences.

Psychodynamic therapy is often considered a more extended process, allowing for a deep exploration of the client's psyche and the development of lasting insights and changes. The therapist adapts the approach to the individual's unique needs, fostering a dynamic and collaborative therapeutic journey.

♥♥♥ Psychodynamic Therapy in Detailed Steps (created by ChatGPT) ♥♥♥

Psychodynamic therapy is a therapeutic approach that aims to explore how unconscious thoughts, feelings, and past experiences influence an individual's current behavior and relationships. Here are more detailed steps involved in psychodynamic therapy:

1. Initial Assessment:

- ✿ The therapist conducts an initial assessment to gather information about the client's background, current concerns, and relevant life experiences.
- ✿ This phase involves discussing the client's history, relationships, and significant life events.

2. Building Rapport:

- ✿ Establishing a trusting and collaborative therapeutic relationship is crucial.
- ✿ The therapist creates a safe and non-judgmental space for the client to explore and express their thoughts and feelings.

3. Free Association:

- ✿ The client is encouraged to freely associate and express whatever comes to mind without censorship.
- ✿ This technique helps uncover unconscious thoughts and feelings that may be influencing the client's current challenges.

4. Dream Analysis:

- ✿ Dreams are explored as a means of accessing unconscious material.
- ✿ Clients discuss their dreams, and the therapist helps interpret symbols and themes within the context of the client's life.

5. Exploration of Resistance:

- ✿ Identify and explore resistance, which refers to the client's reluctance or avoidance of certain topics or emotions.
- ✿ Understanding resistance can provide insight into areas that may be psychologically challenging for the client.

6. Transference:

- ✿ Analyze transference, where the client unconsciously transfers feelings, attitudes, or expectations from past relationships onto the therapist.
- ✿ Explore how these dynamics may shed light on the client's interpersonal patterns.

7. Countertransference:

- ✿ The therapist explores their own reactions, feelings, and countertransference toward the client.
- ✿ These reactions may offer insights into the client's dynamics and contribute to the therapeutic process.

8. Interpretation:

- ✿ The therapist provides interpretations of the client's thoughts, behaviors, and emotions.
- ✿ Interpretations aim to bring unconscious material into conscious awareness, fostering insight and self-understanding.

9. Working Through:

- ✿ Collaboratively explore and work through unresolved issues and conflicts identified through the therapeutic process.
- ✿ This may involve revisiting and re-examining past experiences to gain a deeper understanding.

10. Promoting Insight and Self-Reflection:

- ✿ Facilitate the development of insight into patterns, motivations, and emotions that may be driving current behavior.
- ✿ Encourage self-reflection and awareness of the client's inner world.

11. Termination:

- ✿ Gradually conclude therapy as the client achieves therapeutic goals and experiences positive changes.
- ✿ Discuss progress, insights gained, and strategies for maintaining positive changes in the future.

12. Long-Term Perspective:

- ✿ Psychodynamic therapy is often considered a longer-term process compared to some other therapeutic modalities.
- ✿ The goal is to bring about lasting change by addressing deep-seated patterns and understanding the root causes of difficulties.

It's important to note that psychodynamic therapy is dynamic and flexible, with the therapist adapting the approach based on the unique needs and dynamics of each client. The process is collaborative and involves ongoing exploration and reflection.

Jan 19, 2024 9:50:34am

Psychodynamic Therapy in Simple Steps (created by ChatGPT)

Psychodynamic therapy is an approach that explores how unconscious thoughts and past experiences influence current behavior and relationships. Here are the basic steps involved in psychodynamic therapy:

1. Establishing a Therapeutic Relationship:

- ⇒ Build a trusting and open relationship between the client and therapist.
- ⇒ Create a safe space for the client to explore and discuss thoughts and feelings.

2. Assessment and Exploration:

- ⇒ Explore the client's current concerns, emotions, and patterns of behavior.
- ⇒ Discuss past experiences, relationships, and significant life events that may have influenced the client's psychological well-being.

3. Uncovering Unconscious Processes:

- ⇒ Encourage the client to explore unconscious thoughts, emotions, and conflicts.
- ⇒ Identify patterns and themes that may be impacting the client's current challenges.

4. Interpretation:

- ⇒ The therapist offers interpretations of unconscious processes, helping the client gain insight into their thoughts and behaviors.
- ⇒ Interpretations are aimed at enhancing self-awareness and understanding.

5. Analysis of Defense Mechanisms:

- ⇒ Explore and understand defense mechanisms that the client may use to cope with anxiety or emotional discomfort.
- ⇒ Discuss healthier ways to cope with challenging emotions.

6. Exploration of Transference and Countertransference:

- ⇒ Examine the client's feelings and attitudes toward the therapist (transference).
- ⇒ Explore the therapist's reactions and feelings toward the client (countertransference).
- ⇒ These dynamics provide insight into relationship patterns.

7. Working Through and Resolution:

- ⇒ Work through unresolved issues and conflicts by exploring their origins and impact on current life.
- ⇒ Promote emotional expression and understanding to facilitate resolution.

8. Promoting Insight and Self-Reflection:

- ⇒ Foster self-reflection and insight into the client's own motivations, desires, and fears.
- ⇒ Help the client understand how past experiences may be influencing present thoughts and behaviors.

9. Termination:

- ⇒ Gradually conclude therapy as the client gains insights, resolves conflicts, and achieves therapeutic goals.
- ⇒ Discuss progress, coping strategies, and ways to maintain positive changes.

10. Long-Term Process:

- ⇒ Psychodynamic therapy is often a longer-term process compared to some other therapeutic approaches.
- ⇒ The goal is to bring about lasting change by addressing deep-seated patterns and understanding the root causes of difficulties.

It's important to note that psychodynamic therapy is rooted in the idea that self-awareness and understanding unconscious processes can lead to personal growth and improved mental well-being. The process is dynamic, and the therapist plays an active role in helping the client explore and understand their inner world.

Jan 19, 2024 9:49:03am

Timeline photos

Jan 19, 2024 9:47:16am

CBT in simple steps (created by ChatGPT)

Cognitive Behavioral Therapy (CBT) is a widely used therapeutic approach that helps individuals identify and change negative thought patterns and behaviors. Here are the basic steps involved in CBT:

1. Assessment:

- The therapist and client work together to identify and understand the issues that the individual is facing.
- This involves exploring thoughts, feelings, and behaviors associated with the specific problem.

2. Setting Goals:

- Establish clear and realistic goals for therapy. These goals help guide the therapeutic process and provide a measurable way to track progress.

3. Identification of Negative Thoughts:

- Recognize and identify negative thought patterns that contribute to distress or problematic behaviors.
- Understand the connection between thoughts, emotions, and behaviors.

4. Challenging Negative Thoughts:

- Examine the evidence for and against negative thoughts.
- Challenge irrational or distorted thinking by looking for more balanced and realistic perspectives.

5. Behavioral Strategies:

- Develop and implement specific strategies and techniques to modify negative behaviors.
- These strategies may include exposure exercises, problem-solving, or behavioral experiments.

6. Cognitive Restructuring:

- Replace negative thought patterns with more positive and adaptive ones.
- Learn to reframe situations and reinterpret experiences in a healthier way.

7. Skill Building:

- Acquire new coping skills and tools to manage stress, anxiety, or other challenging emotions.
- Practice these skills in real-life situations to enhance effectiveness.

8. Homework Assignments:

- Clients often receive homework assignments to practice and reinforce the skills learned in therapy.
- This helps integrate the therapeutic concepts into everyday life.

9. Monitoring Progress:

- Regularly assess and review progress toward the established goals.
- Adjust therapeutic strategies as needed based on feedback and evolving needs.

10. Termination and Relapse Prevention:

- As the client achieves their goals, the therapist and client work on ending therapy and developing a plan for maintaining progress.
- Discuss and implement strategies for preventing relapse and managing future challenges.

It's important to note that CBT is a collaborative and goal-oriented approach, and the specific techniques used may vary based on the individual's needs and the therapist's style. This structured and evidence-based therapy is often used to address a range of mental health issues, including anxiety, depression, and stress.

Jan 19, 2024 9:42:39am

To get a job, if your field allows it (e.g. you are a graphic designer, a web designer, a software developer, a writer etc.), build a portfolio and host it online!

Don't forget to have at least one or two letters of reference!

Jan 19, 2024 9:20:30am

Solon Papageorgiou shared a link.

<https://ai.tenorshare.com/pdf/home>

Updated Jan 19, 2024 9:04:25am

Jan 19, 2024 9:04:25am

Solon Papageorgiou shared a link.

<https://instatext.io/>

<https://instatext.io/>

Updated Jan 19, 2024 8:56:59am

Jan 19, 2024 8:56:59am

Solon Papageorgiou shared a link.

<https://wordtune.com/>

<https://wordtune.com/>

Updated Jan 19, 2024 8:56:42am

Jan 19, 2024 8:56:42am

Solon Papageorgiou shared a link.

<https://quillbot.com/>

<https://quillbot.com/>

Updated Jan 19, 2024 8:56:28am

Jan 19, 2024 8:56:28am

Solon Papageorgiou shared a post.

Updated Jan 19, 2024 1:39:12am

Jan 19, 2024 1:39:12am

[Anti-Psychiatry.com](https://anti-psychiatry.com) contains various fragments of content, including advice on leadership, survival skills, medical resources, persuasive pitching, parenting, and communication. It emphasizes the importance of trust, empowerment, and practicing positive strategies in relationships. It also highlights the significance of sleep, emergency preparedness, and self-care. The document touches on the use of artificial intelligence in various fields and provides resources for further learning. Overall, it offers a range of insights and tips for personal and professional development.

It also presents the anti-psychiatry movement that claims that psychiatry is a pseudoscience and dangerous because it manipulates people, stigmatizes them, and exposes them to health risks through medication.

The central idea of all the content fragments combined is about effective communication and persuasion techniques. It includes elements such as crafting a concise pitch, addressing potential problems upfront, using storytelling and anecdotes, building trust and credibility, and understanding human behavior and psychology. These techniques can be applied in various contexts, such as pitching ideas, parenting, relationships, leadership, and survival.

Here are the most important topics that this website covers:

Prioritizing what's important over what's urgent: This website emphasizes the importance of focusing on what is truly important in life rather than getting caught up in urgent tasks. It suggests that by identifying priorities, setting effective goals, and putting "first things" first, individuals can achieve happiness and inner peace.

Building trust and receiving feedback: This website highlights the significance of cultivating a high-trust culture and regularly seeking feedback from those you lead. By valuing others' opinions and being open to change, leaders can gain respect and improve their performance.

Strategic thinking and planning: This website discusses the importance of thinking strategically and planning for the long term. It suggests considering the worthiness of endeavors, the timing of actions, and the clarity of goals. By adopting a strategic mindset, individuals can approach challenges with urgency, clarity, and determination.

Crafting a persuasive pitch: This website provides insights into creating a compelling pitch that captures the attention of a skeptical audience. It suggests structuring the pitch with an opening, a callback, an "all is lost" moment, a hook, and an edge. By acknowledging potential problems upfront and providing solutions, individuals can build credibility and engage their audience effectively.

Personal well-being and survival: This website touches on the importance of personal well-being and survival. It mentions the significance of sleep, emergency preparedness, monitoring temperature, and calorie restriction. By

prioritizing rest, being prepared for emergencies, and taking care of basic needs, individuals can enhance their chances of survival and overall quality of life.

Personality traits and self-improvement: This website article briefly mentions the Big Five personality traits and the role they play in studying personality. It also suggests ways to improve oneself, such as increasing crystallized knowledge, practicing mindfulness meditation, and engaging in social activities.

Emotional connection and communication skills: Understanding human nature, common habits, and effective communication techniques for building relationships, making friends, and finding reliable business partners.

Common English Vocabulary: The website mentions resources for learning and practicing common English words and their pronunciation.

Positive Psychology and Mental Health: The importance of positive psychology and moral values in protecting against mental illnesses is discussed.

Medical Content and Exam Preparation: The website mentions resources for medical professionals, including medical books and exam preparation materials.

Overall, this website covers a range of topics related to personal growth, leadership, effective communication, and well-being.

Jan 19, 2024 1:33:16am

Solon Papageorgiou shared a link.

<https://www.mindtools.com/>

<https://www.mindtools.com/>
Updated Jan 19, 2024 12:51:25am

Jan 19, 2024 12:51:25am

Solon Papageorgiou shared a post.

Updated Jan 19, 2024 12:48:44am

Jan 19, 2024 12:48:44am

Solon Papageorgiou shared a link.

<https://www.slang.gr/>

<https://www.slang.gr/>
Updated Jan 19, 2024 12:17:30am

Jan 19, 2024 12:17:30am

Solon Papageorgiou shared a link.

<https://www.rishacademy.com/shopoffer19/?ref=3>

<https://www.rishacademy.com/shopoffer19/?ref=3&fbclid=IwAR117jQrtocd2K7UwQ4-EkT7HliiD-tYwaxBE29Nrx35BV8gJtMfHI2iM9c>
Updated Jan 19, 2024 12:14:22am

Jan 19, 2024 12:14:22am

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

And here are all the parts and the appendixes of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 18, 2024 11:45:35pm

Jan 18, 2024 11:45:35pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=2GxU2JOkQsk&si=y6eyfIPFvBoiQ5IV>

Updated Jan 18, 2024 10:11:28pm

Jan 18, 2024 10:11:28pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=rrPUJsZQSkw&si=oXUvErTa7ludBFW4>

Updated Jan 18, 2024 10:09:20pm

Jan 18, 2024 10:09:20pm

Since the onset of the pandemic, misery and mental disorder have increased, raising considerable concern about mental health. It has become obvious that we need to be better at addressing issues related to our psychological well-being. A well-substantiated body of scientific research argues for rejecting psychiatry's biological/medical paradigm for mental health and mental disorder and replacing it with a social/psychological paradigm.

<https://www.madinamerica.com/2024/01/accounting-for-mental-disorder/>

Jan 18, 2024 10:07:55pm

In 2014, a report from the World Health Organization of the United Nations concluded with the following summary:

A growing research base has produced evidence that the status quo, preoccupied with biomedical interventions, including psychotropic medications and non-consensual measures, is no longer defenseless in the context of improving mental health...Public policies continue to neglect the importance of pre-conditions of poor mental health, such as violence and the breakdown of communities, systematic socioeconomic disadvantage and harmful conditions at work and in schools...Reductive biomedical approaches to treatment that do not adequately address contexts and relationships can no longer be considered congruent with the right to health.

Jan 18, 2024 10:06:52pm

Have completed your studies and have trouble finding work? I hate to break the news to you, but without work experience, it's pretty hard securing work.

Consider doing an unpaid internship!

Also, a lot of universities incorporate a work placement in their curriculum! That's a viable way out, too!

Jan 18, 2024 9:58:55pm

Jan 18, 2024 9:18:38pm

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

[Anti-Psychiatry.com](https://anti-psychiatry.com/) contains various fragments of content, including advice on leadership, survival skills, medical resources, persuasive pitching, parenting, and communication. It emphasizes the importance of trust, empowerment, and practicing positive strategies in relationships. It also highlights the significance of sleep, emergency preparedness, and self-care. The document touches on the use of artificial intelligence in various fields and provides resources for further learning. Overall, it offers a range of insights and tips for personal and professional development.

It also presents the anti-psychiatry movement that claims that psychiatry is a pseudoscience and dangerous because it manipulates people, stigmatizes them, and exposes them to health risks through medication.

Here are the most important topics that this website covers:

1. **Prioritizing what's important over what's urgent:** This website emphasizes the importance of focusing on what is truly important in life rather than getting caught up in urgent tasks. It suggests that by identifying priorities, setting effective goals, and putting "first things" first, individuals can achieve happiness and inner peace.
2. **Building trust and receiving feedback:** This website highlights the significance of cultivating a high-trust culture and regularly seeking feedback from those you lead. By valuing others' opinions and being open to change, leaders can gain respect and improve their performance.
3. **Strategic thinking and planning:** This article discusses the importance of thinking strategically and planning for the long term. It suggests considering the worthiness of endeavors, the timing of actions, and the clarity of goals. By adopting a strategic mindset, individuals can approach challenges with urgency, clarity, and determination.
4. **Crafting a persuasive pitch:** This website provides insights into creating a compelling pitch that captures the attention of a skeptical audience. It suggests structuring the pitch with an opening, a callback, an "all is lost" moment, a hook, and an edge. By acknowledging potential problems upfront and providing solutions, individuals can build credibility and engage their audience effectively.
5. **Personal well-being and survival:** This website touches on the importance of personal well-being and survival. It mentions the significance of sleep, emergency preparedness, monitoring temperature, and calorie restriction. By prioritizing rest, being prepared for emergencies, and taking care of basic needs, individuals can enhance their chances of survival and overall quality of life.
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8. **Common English Vocabulary:** The article mentions resources for learning and practicing common English words and their pronunciation.
9. **Positive Psychology and Mental Health:** The importance of positive psychology and moral values in protecting against mental illnesses is discussed.
10. **Medical Content and Exam Preparation:** The article mentions resources for medical professionals, including medical books and exam preparation materials.

Overall, this website covers a range of topics related to personal growth, leadership, effective communication, and well-being.

<https://anti-psychiatry.com/>
Updated Jan 18, 2024 9:06:54pm

Jan 18, 2024 9:06:54pm

Solon Papageorgiou shared a link.

https://music.youtube.com/watch?v=av11KU3uGgc&si=ChtNitnb7FYo7_I3

Updated Jan 18, 2024 7:56:16pm

Jan 18, 2024 7:56:16pm

Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=5CuKcUU2xx4&si=Flp5sZuSKiF4qmRQ>

Updated Jan 18, 2024 6:38:31pm

Jan 18, 2024 6:38:31pm

LinkedIn Jobs on the Rise 2024: The 25 fastest-growing roles in the U.S.

Open Immersive Reader

The world of work is changing — from how and where we get our jobs done to the skills needed to get ahead. LinkedIn data shows that skill sets for jobs have changed 25% since 2015 and are projected to shift by 65% by 2030 globally. Meanwhile, the acceleration of artificial intelligence and automation has created new opportunities and challenges for workers and companies alike.

Such transformation is evident in this year's Jobs on the Rise list, a data-backed ranking of the 25 fastest-growing jobs in the U.S. over the past five years. More than two-thirds (68%) of this year's Jobs on the Rise didn't even exist 20 years ago, our data shows, including seven of the top ten titles.

With a majority of U.S. professionals considering looking for a new job in 2024, the new year marks an opportunity for a fresh start. This list serves as a resource for those at all stages of their career wondering where emerging opportunities lie and how to best prepare for the future.

For each job, you'll find insights around remote and hybrid availability, most common skills, current job openings and more. Interested in pivoting to one of these areas but not sure if you have the right experience? We've linked out to people you may know in the featured jobs so you can connect and learn more, as well as free related courses to help you gain the chops you need.

1. Chief Growth Officer

What they do: Chief growth officers develop and execute an organization's strategies for driving revenue, expanding market presence and ensuring sustainable growth. | Most common skills: Growth Strategies, Strategic Partnerships, Business Development | Most common industries: Technology and Internet, IT Services and IT Consulting, Advertising Services | Where the most jobs are: Washington, D.C.-Baltimore, New York City, Dallas | Current gender distribution: 27% female; 73% male | Median years of prior experience: 4.2-6.5 | Top roles transitioned from: Vice President of Sales, Chief Operating Officer, Vice President of Business Development | Flexible work availability: 33.6% remote; 25.0% hybrid

2. Government Program Analyst

What they do: Government program analysts evaluate the effectiveness and efficiency of public sector programs, usually through analyzing data, ensuring compliance with regulations, monitoring budgets and more. | Most common skills: Policy Analysis, Data Analysis, Community Outreach | Most common industries: Administration of Justice, Transportation Equipment Manufacturing, Insurance | Where the most jobs are: Sacramento, Calif., Los Angeles, Washington, D.C.-Baltimore | Current gender distribution: 61% female; 39% male | Median years of prior experience: 4.2 | Top roles transitioned from: Service Analyst, Licensing Analyst, Office Technician | Flex work availability: 12.5% remote; 45.5% hybrid

3. Environment Health Safety Manager

Can also be known as HSE Manager.

What they do: Environment health safety managers ensure that companies are fostering a safe and sustainable workplace for employees, managing risk and ensuring compliance to health, safety and environmental regulations. | Most common skills: Environmental Compliance, Hazardous Waste Management, Environmental Management Systems | Most common industries: Oil and Gas, Wholesale Building Materials, Electrical and Electronics Manufacturing | Where the most jobs are: Atlanta, Houston, Boston | Current gender distribution: 25% female; 75% male | Median years of prior experience: 6.3 | Top roles transitioned from: Director of Operations, Safety Director, General Manager | Flex work availability: 14.3% remote; 22.5% hybrid

4. Director of Revenue Operations

Can also be known as Director of Revenue Management.

What they do: Directors of revenue operations help oversee businesses' revenue generation practices, working closely with sales and marketing teams to optimize business growth and ensure overall efficiency. | Most common skills: Go-to-Market Strategy, Sales Operations, Revenue Forecasting | Most common industries: Technology and Internet, IT Services and IT Consulting, Advertising Services | Where the most jobs are: San Francisco, New York City, Boston | Current gender distribution: 39% female; 61% male | Median years of prior experience: 6.7-7.3 | Top roles transitioned from: Sales Director, Marketing Operations Manager, Director of Customer Success

5. Sustainability Analyst

Can also be known as Environmental Analyst.

What they do: Sustainability analysts evaluate an organization's environmental, social and governance (ESG) efforts and identify opportunities for efficiency, responsible resource use and positive social impact. | Most common skills: Sustainability Reporting, Corporate Social Responsibility, Data Analysis | Most common industries: Business Consulting and Services, Real Estate, Food and Beverage Manufacturing | Where the most jobs are: New York City, Chicago, Atlanta | Current gender distribution: 63% female; 37% male | Median years of prior experience: 2.6 | Top roles transitioned from: Project Manager, Research Assistant, Environmental Specialist | Flex work availability: 19.6% remote; 36.8% hybrid

6. Advanced Practice Provider

Can also be known as Nurse Practitioner or Physician Assistant.

What they do: Advanced practice providers are licensed medical professionals who provide primary care services for patients, including conducting assessments, diagnosing conditions and prescribing treatments. | Most common skills: Electronic Medical Record (EMR), Advanced Cardiac Life Support (ACLS), Basic Life Support (BLS) | Most common industries: Medical Practices, Higher Education, Insurance | Where the most jobs are: Kansas City, Mo., Austin, Chicago | Current gender distribution: 76% female; 24% male | Median years of prior experience: 2.5-4.9 | Top roles transitioned from: Registered Nurse, Intensive Care Nurse, Clinical Fellow | Flex work availability: 0.8% remote; 3.2% hybrid

7. Vice President of Diversity and Inclusion

What they do: Vice presidents of diversity and inclusion cultivate inclusive workplaces through the design and implementation of policies relating to diversity, equity and inclusion within an organization. | Most common skills: Diversity Training, Community Outreach, Diversity Program Development | Most common industries: Non-profit Organizations, Higher Education, Civic and Social Organizations | Where the most jobs are: New York City, Washington, D.C.-Baltimore, Chicago | Current gender distribution: 70% female; 30% male | Median years of prior experience: 4.3-5.4 | Top roles transitioned from: Diversity and Inclusion Specialist, Vice President of Human Resources, Professor

8. Artificial Intelligence Consultant

What they do: Artificial intelligence consultants advise organizations on the implementation of AI technologies in their business operations and product offerings. | Most common skills: Machine Learning, Deep Learning, Natural Language Processing (NLP) | Most common industries: Technology and Internet, IT Services and IT Consulting, Business Consulting and Services | Where the most jobs are: San Francisco, Boston, New York City | Current gender distribution: 26% female; 74% male | Median years of prior experience: 4.1 | Top roles transitioned from: Data Scientist, Software Engineer, Research Assistant | Flex work availability: 12.5% remote; 39.1% hybrid

9. Recruiter

Can also be known as Talent Acquisition Specialist.

What they do: Recruiters source, evaluate and help hire qualified candidates for open roles within organizations.

Note: Recruiters specializing in sales, legal and healthcare have seen especially high growth in our data. | Most common skills: Screening Resumes, Interviewing, Executive Search | Most common industries: IT Services and IT Consulting, Staffing and Recruiting, Business Consulting and Services | Where the most jobs are: Dallas, New York City, Los Angeles | Current gender distribution: 54% female; 46% male | Median years of prior experience: 3.0-3.9 | Top roles transitioned from: Administrative Assistant, Sales Specialist, Account Manager | Flex work availability: 31.3% remote; 24.5% hybrid

10. Artificial Intelligence Engineer

What they do: Artificial intelligence engineers develop, implement and train AI models and algorithms, using programming languages to create intelligent systems that can perform tasks traditionally requiring human intelligence. | Most common skills: Machine Learning, Deep Learning, Natural Language Processing (NLP) | Most common industries: Technology and Internet, IT Services and IT Consulting, Transportation Equipment Manufacturing | Where the most jobs are: San Francisco, New York City, Washington, D.C.-Baltimore | Current gender distribution: 19% female; 81% male | Median years of prior experience: 3.1 | Top roles transitioned from: Software Engineer, Computer Vision Engineer, Data Scientist | Flex work availability: 64.3% remote; 11.9% hybrid

11. External Communications Manager

Can also be known as Public Relations (PR) Manager.

What they do: External communications managers oversee and execute an organization's strategic messaging to external audiences — such as the media and customers — which may include executive appearances, media pitching, crisis communications and more. | Most common skills: Crisis Communications, Strategic Communications, Media Relations | Most common industries: IT Services and IT Consulting, Non-profit Organizations, Business Consulting and Services | Where the most jobs are: New York City, Chicago, Atlanta | Current gender distribution: 75% female; 25% male | Median years of prior experience: 5.8 | Top roles transitioned from: Corporate Communications Manager, Account Supervisor, Marketing Manager | Flex work availability: 8.4% remote; 65.2% hybrid

12. Product Security Engineer

What they do: Product security engineers ensure the security of a product or system by analyzing and addressing potential vulnerabilities through risk assessments, threat modeling and protective measures. | Most common skills: Threat Modeling, Application Security, Vulnerability Assessment | Most common industries: Technology and Internet, Medical Equipment Manufacturing, IT Services and IT Consulting | Where the most jobs are: San Francisco, Seattle, Los Angeles | Current gender distribution: 19% female; 81% male | Median years of prior experience: 4.4 | Top roles transitioned from: Software Engineer, Application Security Engineer, Cyber Security Engineer

13. Physical Therapist

What they do: Physical therapists work with injured or impaired patients through a variety of therapeutic techniques and exercises intended to increase mobility, treat pain and improve recovery. | Most common skills: Rehabilitation, Inpatient Care, Epic Systems | Most common industries: Medical Practices, Higher Education, Primary and Secondary Education | Where the most jobs are: New York City, Chicago, Washington, D.C.-Baltimore | Current gender distribution: 74% female; 26% male | Median years of prior experience: 2.3-3.0 | Top roles transitioned from: Personal/Athletic Trainer, Sports Specialist, Medical Assistant

14. Grants Program Manager

Can also be known as Grants Analyst or Grants Management Specialist.

What they do: Grants program managers oversee the end-to-end process of grants programs, including identifying funding opportunities, managing budgets and ensuring regulatory compliance. | Most common skills: Federal Grants Management, Grant Administration, Grant Monitoring | Most common industries: Research Services, Non-profit Organizations, Business Consulting and Services | Where the most jobs are: Washington, D.C.-Baltimore, New York City, Denver | Current gender distribution: 74% female; 26% male | Median years of prior experience: 4.1 | Top roles transitioned from: Program Coordinator, Project Manager, Grants Writer | Flex work availability: 13.0% remote; 41.9% hybrid

15. Director of Land Acquisition

What they do: Directors of land acquisition carry out the process of acquiring real estate or land through research, negotiation and strategic relationships with brokers. | Most common skills: Real Estate Development, Entitlements, Contract Negotiation | Most common industries: Real Estate, Oil and Gas, Non-profit Organizations | Where the most jobs are: Charlotte, N.C., Dallas, Atlanta | Current gender distribution: 15% female; 85% male | Median years of prior experience: 5.7 | Top roles transitioned from: Project Manager, Director of Development, Sales Manager | Flex work availability: 2.8% remote; 10.3% hybrid

16. Transmission Planning Engineer

What they do: Transmission planning engineers analyze the effectiveness of transmissions systems and design plans to both increase their precision and meet energy demands. | Most common skills: Power Systems, Electrical Engineering, Power Transmission | Most common industries: Electric Power Generation, Engineering Services, Machinery Manufacturing | Where the most jobs are: Boston, Tulsa, Okla., Dallas | Current gender distribution: 21% female; 79% male | Median years of prior experience: 3.1 | Top roles transitioned from: Electrical Engineer, Power System Engineer, Project Engineer | Flex work availability: 34.3% remote; 25.1% hybrid

17. Influencer Marketing Manager

What they do: Influencer marketing managers coordinate partnerships with influencers and celebrities and develop corresponding marketing campaigns to drive profit and brand awareness. | Most common skills: Social Media Marketing, Digital Marketing, Brand Awareness | Most common industries: Advertising Services, Technology and Internet, Retail Apparel and Fashion | Where the most jobs are: Los Angeles, New York City, Salt Lake City | Current gender distribution: 78% female; 22% male | Median years of prior experience: 4.0 | Top roles transitioned from: Influencer, Marketing Assistant, Social Media Coordinator

18. Director of Development Services

Can also be known as Director of Fundraising Operations or Director of Advancement Initiatives.

What they do: Directors of development services oversee and execute an organization's fundraising plans and tracking, ensuring revenue monitoring, prospect management and effective resource allocation. | Most common skills: Community Outreach, Community Development, Fundraising | Most common industries: Real Estate, Non-profit Organizations, Museums | Where the most jobs are: Los Angeles, Washington, D.C.-Baltimore, Dallas | Current gender distribution: 37% female; 63% male | Median years of prior experience: 4.8 | Top roles transitioned from: Project Manager, Planning Director, Economic Development Director | Flex work availability: 25% remote; 22.5% hybrid

19. Director of Legal Operations

What they do: Directors of legal operations oversee the administrative and business aspects of an organization's legal department, such as technology implementation and cost efficiency. | Most common skills: Legal Technology, Legal Compliance, Contract Negotiation | Most common industries: Legal Services, Technology and Internet, Research Services | Where the most jobs are: San Francisco, Atlanta, Boston | Current gender distribution: 65% female; 35% male | Median years of prior experience: 6.2 | Top roles transitioned from: Paralegal, Attorney, Contract Manager | Flex work availability: 65.1% remote; 6.3% hybrid

20. Workforce Development Coordinator

Can also be known as Learning and Development Specialist.

What they do: Workforce development coordinators design and implement programs to cultivate employee retention, skill development and career opportunities within an organization. | Most common skills: Community Outreach, Program Development, Career Counseling | Most common industries: Non-profit Organizations, Higher Education, Health and Human Services | Where the most jobs are: Kansas City, M.O., Los Angeles, Phoenix | Current gender distribution: 66% female; 34% male | Median years of prior experience: 3.8 | Top roles transitioned from: Program Coordinator, Teacher, Employment Specialist | Flex work availability: 3.5% remote; 14.0% hybrid

21. Head of Public Safety

What they do: Heads of public safety oversee safety and security initiatives such as law enforcement, emergency response and community engagement. | Most common skills: Law Enforcement, Criminal Investigations, Emergency Management | Most common industries: Administration of Justice, Higher Education, Technology and Internet | Where the most jobs are: Washington, D.C.-Baltimore, New York City, Dallas | Current gender distribution: 21% female; 79% male | Median years of prior experience: 5.1 | Top roles transitioned from: Lieutenant, Asset Protection Detective, Sergeant | Flex work availability: 4.6% remote; 21.8% hybrid

22. Plant Director

What they do: Plant directors supervise manufacturing facilities, overseeing production processes and ensuring quality control and adherence to regulatory standards. | Most common skills: Lean Manufacturing, Plant Management, Cross-functional Team Leadership | Most common industries: Food and Beverage Manufacturing, Food and Beverage Services, Plastics and Rubber Product Manufacturing | Where the most jobs are: New York City, Dallas, Minneapolis | Current gender distribution: 11% female; 89% male | Median years of prior experience: 5.3 | Top roles transitioned from: Operations Manager, Production Manager, Director of Manufacturing | Flex work availability: 2.9% remote; 3.3% hybrid

23. Infection Preventionist

What they do: Infection preventionists are responsible for strategies to prevent and control the spread of infection in healthcare centers, which may include designing and implementing safety protocols as well as educating and training

staff. | Most common skills: Infection Control, Patient Safety, Electronic Medical Record (EMR) | Most common industries: Medical Practices, Nursing Homes and Residential Care Facilities, Non-profit Organizations | Where the most jobs are: Los Angeles, Houston, Philadelphia | Current gender distribution: 83% female; 17% male | Median years of prior experience: 4.2 | Top roles transitioned from: Registered Nurse, Epidemiologist, Nursing Manager | Flex work availability: 1.1% remote; 1.7% hybrid

24. Head of Partnerships

What they do: Heads of partnerships cultivate and manage strategic relationships with external partners and organizations as a way to expand into new markets and drive business growth. | Most common skills: Strategic Partnerships, Business Development, Partner Relationship Management | Most common industries: Non-profit Organizations, Technology and Internet, Civic and Social Organizations | Where the most jobs are: New York City, San Francisco, Los Angeles | Current gender distribution: 38% female; 62% male | Median years of prior experience: 5.7 | Top roles transitioned from: Director of Business Development, Account Executive, Sales Director | Flex work availability: 40.5% remote; 37.4% hybrid

25. Instructional Systems Specialist

What they do: Instructional systems specialists develop educational and instructional programs and materials for use in formal education or training programs. | Most common skills: Instructional Design, E-Learning, Curriculum Development | Most common industries: Military and International Affairs, Transportation Equipment Manufacturing, IT Services and IT Consulting | Where the most jobs are: Washington, D.C.-Baltimore, Hampton Roads, Va. | Current gender distribution: 48% female; 52% male | Median years of prior experience: 4.7 | Top roles transitioned from: Teacher, Training Specialist, Curriculum Developer | Flex work availability: 15.2% remote; 2.2% hybrid

You can also check out the Jobs on the Rise in Australia, Brazil, Canada, France, Germany, India, Indonesia, Ireland, Italy, Mexico, Netherlands, Saudi Arabia, Singapore, Spain, Sweden, Switzerland (French and German), Türkiye, the UAE and the UK.

Methodology

LinkedIn Economic Graph researchers examined millions of jobs started by LinkedIn members from January 1, 2019 to July 31, 2023 to calculate a growth rate for each job title. To be ranked, a job title needed to see consistent growth across our membership base, as well as have grown to a meaningful size by 2023. Identical job titles across different seniority levels were grouped and ranked together. Internships, volunteer positions, interim roles and student roles were excluded, and jobs where hiring was dominated by a small handful of companies in each country were also excluded.

Job Insights

Additional data points for each of the job titles are based on LinkedIn profiles of members holding the title and/or open jobs for that title in the country.

Flexible work availability is based on jobs posted from October 2022 to October 2023 flagged as “remote” or “hybrid” by the poster or containing similar keywords. Most common skills were derived from the top skills most unique to each title among members who have ever held that title on LinkedIn. Median years of experience was calculated using the median years of work experience held prior to starting in the featured title for members hired within the methodology time frame. Most common industries are based on the industry of the companies that hired the highest number of members for each job from January 1, 2023 to July 31, 2023. Gender breakdown was calculated by measuring the number of members by identified gender currently in each job (provided there was meaningful gender data) as a percentage of the total members with known gender per job. Top locations hiring were categorized as the regions or cities that employed the largest percentage of each job title from January 1, 2023 to July 31, 2023. Most common transitions were identified by the share of transitions from another occupation into the featured job in the past 5 years.

Reported and proofread by: Juliette Faraut, Sarah McGrath

Managing Editor: Ashley (Peterson) Botarelli

Methodology and insights by: Murat Erer (LinkedIn Economic Graph team)

Honoree titles: 1. Chief Growth Officer | 2. Government Program Analyst | 3. Environmental Health Safety Manager | 4. Director of Revenue Operations | 5. Sustainability Analyst | 6. Advanced Practice Provider | 7. Vice President of Diversity & Inclusion | 8. Artificial Intelligence Consultant | 9. Recruiter | 10. Artificial Intelligence Engineer | 11. External Communications Manager | 12. Product Security Engineer | 13. Physical Therapist | 14. Grants Program Manager | 15. Director of Land Acquisition | 16. Transmission Planning Engineer | 17. Influencer Marketing Manager |

18. Director of Development Services | 19. Director of Legal Operations | 20. Workforce Development Coordinator | 21. Head of Public Safety | 22. Plant Director | 23. Infection Preventionist | 24. Head of Partnerships | 25. Instructional Systems Specialist

Jan 18, 2024 5:43:55pm

You can block someone on Facebook, Viber and mobile phones, so that they won't be able to call you or send you messages.

Jan 18, 2024 4:43:21pm

Solon Papageorgiou shared a link.

https://music.youtube.com/watch?v=DQYNM6SjD_o&si=4BGXawLVZME57eSt

Updated Jan 18, 2024 4:36:49pm

Jan 18, 2024 4:36:49pm

LinkedIn Jobs on the Rise 2024: The roles that are growing in demand across Europe

The 2024 LinkedIn Jobs on the Rise list reveals the fastest-growing job titles over the past five years and the trends defining the future world of work.

The world of work is changing – from how and where we get our jobs done, to the skills needed to get ahead. In fact, LinkedIn data shows that skill sets for jobs have changed 25% since 2015 and are projected to shift by 65% by 2030 globally. Meanwhile, the acceleration of artificial intelligence and automation have created new opportunities and challenges for professionals and companies alike looking to prepare for the future.

With many professionals looking for a new job in 2024, the new year marks an opportunity for a fresh start. That's where our Jobs on the Rise list comes in, using unique LinkedIn data to rank the fastest-growing jobs over the past five years. The list uncovers the trends defining where the workforce is headed and insight into emerging opportunities – whether you're looking to make a pivot, jump back into the workforce or invest in skills to future-proof your career. (You can learn more about our methodology at the bottom of this article.)

This list is meant to serve as a resource for you, no matter what stage of your career you're in. For each job, you'll find insights including remote and hybrid availability, most common skills, years of experience and more. Looking for your next opportunity? Explore people you may know in each role and current job openings. Thinking about refreshing your skills this year? We've linked out to relevant courses so you can upskill in fast-growing areas.

FR FRANCE

Sales manager

What they do: Sales managers must identify new growth levers for a company. They contact potential customers, determine their needs and negotiate contracts until they are signed. | Most common skills: Business-to-Business (B2B), Customer Relationship Management (CRM), Sales Prospecting | Gender distribution: 34% women; 66% men | Median years of prior experience: 2.4 | Remote job availability: 63.6%

admissions specialist

What they do: An admissions specialist manages the recruitment of future students for a higher education institution. | Most common skills: Admissions, Recruiting, Sales Prospecting | Gender distribution: 53% women; 47% men | Median years of prior experience: 2.5 | Remote job availability: 25.6%

Energy broker

What they do: Energy brokers negotiate contracts and terms with energy suppliers to secure the best rates and conditions for their clients. | Most common skills: Brokerage, Sales Prospecting, Contract Negotiation | Gender distribution: 37% women; 63% men | Median years of prior experience: 2.3 | Remote job availability: 50%

DE GERMANY

Sustainability manager

What they do: Sustainability managers plan, control and evaluate a company's sustainability strategy, which is in line with its values and sets measurable sustainability goals. | **Most common skills:** Sustainability Reporting, Corporate Sustainability, Sustainability Consulting | **Current gender distribution:** 55% women; 45% men | **Median years of prior experience:** 4 | **Remote job availability:** 9.7%

Cyber security analyst

What they do: Cyber security analysts implement security standards, identify and assess risk factors, and uncover vulnerabilities to protect their organisation from external cyberattacks. | **Most common skills:** Splunk, Security Information and Event Management (SIEM), IBM QRadar | **Current gender distribution:** 15% women; 85% men | **Median years of prior experience:** 3.5 | **Remote job availability:** 15.4%

Public sector consultant

What they do: Public sector consultants advise municipalities or authorities on topics such as digitalisation and budget consolidation. They also support the public sector in optimising structures and processes. | **Most common skills:** PRINCE2, Scrum, BPMN | **Current gender distribution:** 46% women; 54% men | **Median years of prior experience:** 2.4 | **Remote job availability:** 5.1%

IE IRELAND

caseworker

What they do: A caseworker is typically a public or voluntary sector worker responsible for providing social services to individuals and families in need, assessing their situations, developing plans to address and improve their wellbeing, connecting them to relevant resources and monitoring progress to ensure effective support and assistance. | **Most common skills:** Case Management, Social Services, Legal Research | **Gender distribution of hires in 2023:** 68% female; 32% male | **Median years of prior experience:** 2 | **Hybrid job availability:** 100%

learning specialist

What they do: A learning specialist designs and implements training programmes, workshops, and resources to enhance the technical skills and knowledge of employees, fostering continuous learning and development within a company. | **Most common skills:** Instructional Design, E-Learning, Learning Management Systems | **Gender distribution of hires in 2023:** 78% female; 22% male | **Median years of prior experience:** 4 | **Hybrid job availability:** 62%

Chief Commercial Officer

What they do: A Chief Commercial Officer oversees and strategises the commercial activities of a company, leading efforts in sales, marketing and business development to drive revenue growth and enhance market competitiveness. | **Most common skills:** Business Strategy, Strategy, Business Development | **Gender distribution of hires in 2023:** 16% female; 84% male | **Median years of prior experience:** 5 | **Hybrid job availability:** 40%

IT ITALY

Business Development Representative

What they do: Business development representatives look for potential new customers, offering products suited to their needs throughout the sales cycle. | **Most common skills:** Sales, Lead Generation, B2B | **Current gender distribution:** 53% female; 47% male | **Median years of prior experience:** 2.4 | **Remote job availability:** 40.3%

Artificial intelligence engineer

What they do: Artificial intelligence engineers use AI and machine learning models to develop solutions that can help businesses increase their efficiency. | **Most common skills:** Computer Vision, Machine Learning, Natural Language Processing | **Current gender distribution:** 25% female; 75% male | **Median years of prior experience:** 1.7 | **Remote job availability:** 21.7%

SOC analyst

What they do: SOC analysts deal with corporate cybersecurity, monitoring activities on websites, servers and databases for possible threats. | **Most common skills:** IT Security, Security Information and Event Management (SIEM), Network Security | **Current gender distribution:** 25% women; 75% men | **Median years of prior experience:** 2.6 | **Remote job availability:** 16.7%

NL NETHERLANDS

Talent acquisition specialist

What they do: Talent acquisition specialists identify and recruits top talent for organisations. | **Most common skills:** Sourcing, Employer Branding, Interviewing | **Current gender distribution:** 60% female; 40% male | **Median years of prior experience:** 4.3 | **Hybrid job availability:** 50.5%

data steward

What they do: A data steward ensures the accuracy, completeness and quality of data within an organisation. | Most common skills: Data Management, Structured Query Language (SQL), Scrum | Current gender distribution: 49% female; 51% male | Median years of prior experience: 3.3 | Hybrid job availability: 50.8%

Product analyst

What they do: They analyse a product's performance and make recommendations for continued improvement. | Most common skills: Data Visualisation, Tableau, A/B Testing | Current gender distribution: 46% female; 54% male | Median years of prior experience: 3.6 | Hybrid job availability: 75%

ES SPAIN

Security Operations Centre Analyst

What they do: SOC analysts are responsible for monitoring a company's computer security alerts, validating them and acting quickly to avoid a threat, as well as looking for other possible risks present on the network. | Most common skills: Security Information and Event Management (SIEM), Splunk, Cybersecurity | Gender distribution of hires in 2023: 8% female; 92% male | Median years of prior experience: 2.3 | Remote job availability: 47%

Software engineering analyst

What they do: Software engineering analysts are responsible for analysing and developing software components and supervising the entire creation process of this type of technology, including product testing and maintenance. | Most common skills: Java, Spring Framework, Software Development | Gender distribution of hires in 2023: 29% female; 71% male | Median years of prior experience: 2.8 | Remote job availability: 100%

Sustainability manager

What they do: Sustainability managers are in charge of devising, implementing and coordinating a company's sustainability strategy and responsible for preparing reports on compliance. | Most common skills: Sustainability Reporting, Corporate Social Responsibility, Sustainable Development | Gender distribution of hires in 2023: 60% female; 40% male | Median years of prior experience: 5 | Remote job availability: 10%

SE SWEDEN

Cyber security engineer

What they do: Cyber security engineers are responsible for protecting a company's computer networks and systems. They plan and implement security measures to protect sensitive data from cyber attacks, hacking attempts and other threats and risks. | Most common skills: Cybersecurity, Vulnerability Assessment, Security Information and Event Management (SIEM) | Gender distribution of hires in 2023: 13% female; 87% male | Median years of prior experience: 3 | Hybrid job availability: 74.5%

Sustainability analyst

What they do: Sustainability analysts evaluate and report on their company's environmental impact. They focus on developing strategies to make business operations more sustainable, including energy efficiency measures, waste reduction and responsible use of resources. | Most common skills: Sustainability Reporting, Corporate Sustainability, Carbon Footprinting | Gender distribution of hires in 2023: 53% female; 47% male | Median years of prior experience: 4 | Hybrid job availability: 45.5%

Growth specialist

What they do: Growth specialists focus on expanding a company's customer base and revenue through marketing strategies, data analysis and innovative measures to drive growth. They identify business development opportunities and implement measures to capitalise on them. | Most common skills: Google Analytics, Digital Marketing, Startups | Gender distribution of hires in 2023: 43% female; 57% male | Median years of prior experience: 6 | Remote job availability: 23.1% | Hybrid job availability: 46.2%

CH SWITZERLAND

Financial advisor

What they do: Financial advisors assist customers in analysing their financial resources and expenses in order to create a budget and set appropriate financial goals. | Most common skills: Risk Management, Private Banking, Financial Services | Current gender distribution: 27% female; 73% male | Median years of prior experience: 4.9 | Hybrid job availability: 49%

Human Resource Specialist

What they do: HR specialists are responsible for the development and implementation of HR processes and strategies in their company. | Most common skills: HR Management, Recruiting, Personnel Management | Current gender distribution: 80% female; 20% male | Median years of prior experience: 3-5 | Hybrid job availability: 43%

AI engineer

What they do: AI engineers test and manage AI software as well as models and infrastructure for various applications, for example for image and speech recognition. | Most common skills: Computer Vision, Deep Learning, Natural Language Processing (NLP) | Current gender distribution: 16% female; 84% male | Median years of prior experience: 3 | Hybrid job availability: 10%

GB UK

Sustainability manager

What they do: Sustainability managers oversee environmental and sustainability strategies for a company or organisation, analysing, assessing and reporting on environmental impact. | Most common skills: Carbon Footprinting, Corporate Sustainability, Life Cycle Assessment | Gender distribution of hires in 2023: 60% female; 40% male | Median years of prior experience: 1.7-6.8 | Remote job availability: 4.8% | Hybrid job availability: 55.8%

Sales development representative

What they do: Sales development representatives focus on finding new business leads through research, prospecting and outreach and pushing them to their colleagues to close the deal. | Most common skills: Lead Generation, Cold Calling, Software as a Service (SaaS) | Gender distribution of hires in 2023: 31% female; 69% male | Median years of prior experience: 2.4 | Remote job availability: 19.4% | Hybrid job availability: 47.2%

Underwriting analyst

What they do: Underwriting analysts evaluate individuals and businesses to determine the risk level they pose to lenders and insurers. | Most common skills: Insurance, Reinsurance, Working With Brokers | Gender distribution of hires in 2023: 41% female; 59% male | Median years of prior experience: 2.7 | Remote job availability: 3.4% | Hybrid job availability: 77.8%

List Methodology

LinkedIn Economic Graph researchers examined millions of jobs started by LinkedIn members from January 1, 2019 to July 31, 2023 to calculate a growth rate for each job title. To be ranked, a job title needs to have seen consistent growth across our membership base, as well as have grown to a meaningful size by 2023. Identical job titles across different seniority levels were grouped and ranked together. Internships, volunteer positions, interim roles and student roles were excluded, and jobs where hiring was dominated by a small handful of companies in each country were also excluded.

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Reported and proofread by: Jennifer Ryan

Managing editor: Siobhan Morrin

Methodology and insights by: Murat Erer (LinkedIn Economic Graph team)

Special projects leads: Marina Valero, Michele Pierri (International), Juliette Faraut, Sarah McGrath and Ashley (Peterson) Botarelli (Global)

Region lead: Julien Wettstein

International executive editor: Sandrine Chauvin

Honouree titles: Sales Manager, Admissions Specialist, Energy Broker, Sustainability Manager, Cyber Security Analyst, Public Sector Consultant, Case Worker, Learning Specialist, Chief Commercial Officer, Sales Development Representative, Artificial Intelligence Engineer, Security Operations Center Analyst, Talent Acquisition Specialist, Data Steward, Product Analyst, Software Engineering Analyst, Cyber Security Engineer, Sustainability Analyst, Growth Specialist, Financial Advisor, Human Resources Specialist, Underwriting Analyst.

Jan 18, 2024 4:27:31pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=Kjaaidlz1IA>

Updated Jan 18, 2024 3:23:18pm

Jan 18, 2024 3:23:18pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=7q0reAgBMYA&si=Ogs7oYeLQCNV8w_f

Updated Jan 18, 2024 3:08:54pm

Jan 18, 2024 3:08:54pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=PJH7I5WjJKE&si=HUIgEsgLxBOtPTGE>

Updated Jan 18, 2024 3:03:56pm

Jan 18, 2024 3:03:56pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=oJLNCTdJKu4&si=InJp066zXP32AujS>

Updated Jan 18, 2024 2:58:23pm

Jan 18, 2024 2:58:23pm

Embracing change is good for your brain!

Going to a different route to work once a while or learning a new skill or language does wonders!

Jan 18, 2024 2:53:43pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=skWKV8VzLUA&si=_ZPJ2nbphvksICbH

Updated Jan 18, 2024 2:32:53pm

Jan 18, 2024 2:32:53pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=PSu5nAQ7uZw&si=GPpC2g4yYKm03910>

Updated Jan 18, 2024 2:13:33pm

Jan 18, 2024 2:13:33pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=Gla5AzlHnS4&si=_tszKDP9AkDDWYmW

Updated Jan 18, 2024 2:09:51pm

Jan 18, 2024 2:09:51pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=aBBg1XhvEM8&si=TXnVnBtldLx9Pg_I

Updated Jan 18, 2024 2:06:48pm

Jan 18, 2024 2:06:48pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/Canon-TR150-Portable-Printer-Battery/dp/B088KT5YQP/ref=mp_s_a_1_4?crd=1RCQSHEFHJ9U&dib=eyJ2ljojMSJ9.E2onPdCaxxCdA0F18kCIBEtziftmVYHIMKLpbRZMdTt6E3SbY4oXVzmmwD8Ymuc_uB2kAFQVXE20N68P7JmZEx9SNg_jucbqogld6ILRRAbpHUVb0Bt3NDPhIoAXr4lis8iT6KFj6HTLh5LQMaByuNSqGvxEDuEi4JGEjXqhBL12RkJ6wXOpvJlifYul6wvRo6QcM79APjJD5bH7feqA4kg.palU20OB7sxMdHkfwGaKgfCMSUVhRaifCGHYIsx2EYI&dib_tag=se&keywords=portable+inkjet+printer+with+lithium+battery&qid=1705578992&sprefix=portable+inkjet+printer+with+lithium+battery%2Caps%2C193&sr=8-4

Updated Jan 18, 2024 1:57:03pm

Jan 18, 2024 1:57:03pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=iX_j6lREuoQ

Updated Jan 18, 2024 1:53:20pm

Jan 18, 2024 1:53:20pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=z20LsuphtLo>

Updated Jan 18, 2024 1:48:50pm

Jan 18, 2024 1:48:50pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/Milton-Thermosteel-Flask-milliliters-Silver/dp/B00MIYM0VS/ref=mp_s_a_1_1_sspa?crd=13G2UIMSJ552B&dib=eyJ2ljojMSJ9.pi7-u7Dolrs8BU73E80rKOYbvQ1omdNjbHUUSplTKpsvkToC1FNfqhWJvjhIW2zV-aUEGwOfVjhJsZCxP4qh77FmmCApHF2mmp-4l8FPcCwP0Ja5ZkuilJVmJRuQlaLdv4hVkj5fkQl1hkW-XGowiEes2WdDIH91SGLYC7cNljQi5zR7N2RPMEDGpFWuWO7Or2_bq5_JLFRPZNku1cs-Ug.EqjSsqEMda4y9RXfrNGWS0ENXW1ei0J_3jbBrnOeV5l&dib_tag=se&keywords=1+liter+stainless+steel+thermos&qid=1705578115&sprefix=thermos+1+liter%2Caps%2C190&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWYy2hfYXRm&pvc=1

Updated Jan 18, 2024 1:43:18pm

Jan 18, 2024 1:43:18pm

Spending time in parks and forests does wonders for your mental well-being and health!

Jan 18, 2024 1:33:42pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=XgXoN_f-oGw

Updated Jan 18, 2024 1:32:28pm

Jan 18, 2024 1:32:28pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=CwED4C5FJuo>

Updated Jan 18, 2024 1:28:02pm

Jan 18, 2024 1:28:02pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=XW9GEgHgnZs>

Updated Jan 18, 2024 1:16:24pm

Jan 18, 2024 1:16:24pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=iQVei5C2N4E&si=-OfssarLpwMiLypm>

Updated Jan 18, 2024 12:42:51pm

Jan 18, 2024 12:42:51pm

Solon Papageorgiou shared a link.

[https://www.choosingtherapy.com/activity-scheduling/#:~:text=Activity%20scheduling%20\(AS\)%2C%20also,cognitive%20behavioral%20therapy%20\(CBT\)](https://www.choosingtherapy.com/activity-scheduling/#:~:text=Activity%20scheduling%20(AS)%2C%20also,cognitive%20behavioral%20therapy%20(CBT))

Activity Scheduling: What It Is, Examples, & Effectiveness (choosingtherapy.com)

[https://www.choosingtherapy.com/activity-scheduling/#:~:text=Activity%20scheduling%20\(AS\)%2C%20also,cognitive%20behavioral%20therapy%20\(CBT\)](https://www.choosingtherapy.com/activity-scheduling/#:~:text=Activity%20scheduling%20(AS)%2C%20also,cognitive%20behavioral%20therapy%20(CBT))

Mindfulness-Based Cognitive Therapy: Benefits & Techniques (verywellmind.com)

<https://www.verywellmind.com/mindfulness-based-cognitive-therapy-1067396>

Updated Jan 18, 2024 12:13:13pm

Jan 18, 2024 12:13:13pm

Οι παρακάτω εφαρμογές για κινητά Android πιστεύω ότι θα βοηθήσουν, shrinks and psychologists:

Ultiself

Sleep Sounds

CBTCompanion

SuperBetter

DBT Coach

DSM-5-DDx

CBTi Coach

Body Language by Relmo

Sintelly

Mental Disorders by kock lock

Psychometrica

Dr.Mind

Psychiatrist Simulator

ICD10CM

Sleep Monitor

Alcogram

Psych Notes

CURRENT Diagnosis & Treatment

Psychiatry & Psychology

Tests by nix studio

Mind Diagnostics

Psychological Tests by nixGames

Clarity

Intellect

Psychology by Open Education

Journey

MindShift

Chat Smith (uses ChatGPT)

Symptomate

CURRENT Medical Diagnosis and Treatment

Jan 18, 2024 12:11:46pm

Results suggest that a regular yoga practice may increase the flexibility and balance as well as whole body measures of male college athletes and therefore, may enhance athletic performances that require these characteristics.

Jan 18, 2024 11:48:10am

Just seeing life positively doesn't help much. Seeing it realistically is a much better option.

Jan 18, 2024 11:40:51am

Affirmations are a form of suggestion, so when applied to one's self or to others, they have a positive, helpful psychological effect.

Jan 18, 2024 11:38:07am

To find housing, give relevant Facebook groups a chance!

Jan 18, 2024 9:18:41am

Be aware of WhatsApp, Facebook or Viber messages promising you the moon. It might be a scam.

Jan 18, 2024 8:05:03am

If you are to take blood tests, take them early in the morning. Make sure you had adequate sleep the day before and that when you take them, you are stress free.

Then, you will get more accurate results.

Another topic now, exercise, diet and good sleep correct hormonal imbalances.

Jan 18, 2024 7:41:24am

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

Here are all the parts and the appendix of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 17, 2024 11:29:44pm

Jan 17, 2024 11:29:44pm

Solon Papageorgiou shared a link.

<https://www.dailymotion.com/video/x5ved2p>

<https://www.dailymotion.com/video/x5ved2p>

Updated Jan 17, 2024 9:00:00pm

Jan 17, 2024 9:00:00pm

Solon Papageorgiou shared a link.

<https://play.google.com/store/apps/details?id=ai.talkpal>

Updated Jan 17, 2024 7:42:53pm

Jan 17, 2024 7:42:53pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/BISINNA-Waterproof-Lightweight-Backpacking-Mountaineering/dp/B0C6TFPM6L/ref=mp_s_a_1_10?crd=1MKO8DBCC2MGE&keywords=tent+easy+set+up+no+poles&qid=1705504519&sprefix=tent+easy+set+up+no+poles%2Caps%2C169&sr=8-10

Updated Jan 17, 2024 5:16:45pm

Jan 17, 2024 5:16:45pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/URPRO-Sleeping-Polyester-Resistant-Activities/dp/B07F21CVLG/ref=mp_s_a_1_2_sspa?crd=131HUWJDF7OOW&keywords=sleeping+bag+and+tent+2+in+1&qid=1705504236&sprefix=sleeping+bag+and+tent+2+in+1%2Caps%2C184&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWYy2hfYXRm&psc=1

Updated Jan 17, 2024 5:11:44pm

Jan 17, 2024 5:11:44pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/WOWNIGHT-Rechargeable-Tactical-Flashlight-Emergency/dp/B0C7ZZDXX9/ref=mp_s_a_1_3?crd=3I37PE7N1U00G&keywords=high+power+torch+500000+lumen&qid=1705503528&sprefix=powertorch+50000%2Caps%2C214&sr=8-3

Updated Jan 17, 2024 4:59:36pm

Jan 17, 2024 4:59:36pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/DIGIFLEX-Battery-Flashlight-Survival-Camping/dp/B004I5EBFS/ref=mp_s_a_1_2?crd=1JZJ2JXW3DQXR&keywords=flash+light+sun+powered+cell&qid=1705503117&s=diy&sprefix=flash+light+sun+powered+cell%2Caps%2C195&sr=1-2

Updated Jan 17, 2024 4:53:34pm

Jan 17, 2024 4:53:34pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/iGadgitz-Xtra-Waterproof-Rechargeable-Flashlight/dp/B01FUBQ2QY/ref=pd_aw_day0fbt_img_m_sccl_1/258-8016749-0372209?pd_rd_w=XCFGb&content-id=amzn1.sym.923fe0e0-6fda-40a9-a7c3-f11c330bcbb7&pf_rd_p=923fe0e0-6fda-40a9-a7c3-f11c330bcbb7&pf_rd_r=FD07D5G88BBZ76RP58N5&pd_rd_wg=pwTVs&pd_rd_r=37039f52-3716-4bb7-b03f-ecca14e27ce4&pd_rd_i=B01FUBQ2QY&psc=1

Updated Jan 17, 2024 4:53:18pm

Jan 17, 2024 4:53:18pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/Bluetooth-Headphones-Powerbank-Canceling-Earphones-Black/dp/B0CLY241CL/ref=mp_s_a_1_6?crid=ANRUWYH8PJTF&keywords=bluetooth+headset+clip+nokia&qid=1705502345&sprefix=bluetooth+headsset+clip+nokia%2Caps%2C164&sr=8-6

Updated Jan 17, 2024 4:41:11pm

Jan 17, 2024 4:41:11pm

There are WI-FI modems that don't need a landline to connect them too, they plug directly into current, electricity sockets.

Jan 17, 2024 4:25:00pm

Avoid chatting to random strangers on Facebook, they can spot your IP and hack you.

Jan 17, 2024 4:23:19pm

To increase concentration, avoid distractions.

Jan 17, 2024 4:21:07pm

You can print any document hosted on your computer device, such as a smartphone, wirelessly, as long as it supports WI-FI and your printer also supports WI-FI.

You can buy very cheap printers that support WI-FI and also function as photocopiers, scanners and fax machines.

Jan 17, 2024 4:20:40pm

You can easily transfer files from one computer device, such a smartphone or desktop PC via Bluetooth.

If your desktop PC doesn't have Bluetooth, buy Bluetooth in a USB stick.

You can also buy WI-FI in a USB stick for your desktop PC.

Jan 17, 2024 4:10:01pm

Don't get me wrong, but the filthy rich and powerful might find shelter in bunkers in the end of times. I wouldn't call this proper existence and freedom, but hey, what can I say, it's their life!

Jan 17, 2024 4:03:22pm

If ever in trouble and someone attempts to make you appear crazy, there is an all around psychological test that proves your sanity. You take the test at governmental facilities, it lasts around an hour and it costs around 400 Euros.

Jan 17, 2024 3:07:53pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/gp/product/B078Y52K1M/ref=ox_sc_saved_image_2?smid=ATC8O70Y988GA&psc=1

https://www.amazon.co.uk/gp/product/B078Y52K1M/ref=ox_sc_saved_image_2?smid=ATC8O70Y988GA&psc=1
Updated Jan 17, 2024 2:21:09pm

Jan 17, 2024 2:20:54pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/gp/product/B07M6Y7355/ref=ox_sc_saved_image_1?smid=A3ECWO480W6PQZ&psc=1
https://www.amazon.co.uk/gp/product/B07M6Y7355/ref=ox_sc_saved_image_1?smid=A3ECWO480W6PQZ&psc=1
Updated Jan 17, 2024 2:20:20pm

Jan 17, 2024 2:20:20pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/gp/aw/d/B06XVY5X46?ref=ppx_pt2_mob_b_prod_image
Updated Jan 17, 2024 2:17:35pm

Jan 17, 2024 2:17:35pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/gp/aw/d/B0C3B3ZSP2?ref=ppx_pt2_mob_b_prod_image
Updated Jan 17, 2024 2:16:43pm

Jan 17, 2024 2:16:43pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/gp/aw/d/B0CC96R5ZP?ref=ppx_pt2_mob_b_prod_image
Updated Jan 17, 2024 2:16:07pm

Jan 17, 2024 2:16:07pm

Solon Papageorgiou shared a link.

<https://github.com/Genymobile/scrcpy>
<https://github.com/Genymobile/scrcpy>
Updated Jan 17, 2024 1:59:56pm

Jan 17, 2024 1:59:56pm

You have the right not to accept medical treatment, including surgery and medication and if you wish to seek alternative treatment.

Jan 17, 2024 10:20:52am

MEGA is cloud storage and is free up to a certain number of Gigabytes of hard drive space and offers military-grade encryption. Nobody can get in, not even the company that hosts MEGA.

Just be sure to write down somewhere the passphrase that confers access if you forget the password.

Irrelevant, but we tend to believe our behaviors are due to the circumstances, but other people's behaviors are due to their character.

Jan 17, 2024 8:17:58am

Alcoholic drinks such as beers and wine are good for your health and well-being, as long as you don't overdo it consuming them.

Jan 17, 2024 7:57:16am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=eB_B03nghsk&si=xE5GhbNbun8OMwPp

Updated Jan 17, 2024 2:17:06am

Jan 17, 2024 2:17:06am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=0M4LLIPA68o&si=Vv_Xs0xksFUchwPX

Updated Jan 17, 2024 12:07:18am

Jan 17, 2024 12:07:18am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=ITYVXUvMtHI&si=EdeLELQIbdrDeFLv>

Updated Jan 17, 2024 12:04:54am

Jan 17, 2024 12:04:54am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=NeXJ6eOzm5w&si=k_vs_oo_RX8Mc6fc

Updated Jan 16, 2024 11:41:24pm

Jan 16, 2024 11:41:24pm

Don't be intimidated! Nobody can decide if you will be locked up somewhere.

Only the police first decide if they will proceed with the requests of whoever demands such a thing and even then you will have the chance to speak to the judge.

Also, if you do get locked up, companies call the police, it's open records and if you have been locked up, you should forget your dreams of ever securing a decent job!

Plus, the stigma in the local community means you will never marry.

Jan 16, 2024 11:35:14pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=Yi5IQN5NrOI&si=0H1Klb1yAqj0Lf1b>

Updated Jan 16, 2024 11:16:34pm

Jan 16, 2024 11:16:34pm

Audio Games: Exploring 6 Videogames for the Blind and Visually Impaired

Pacman Talks. Pacman Talks is a downloadable Pac-Man style audio game for Windows.

Camel. Camel is a simple text adventure game by now defunct audio games company Braillesoft.

BlackJak.

Blindfold Hearts.

Drowning In Problems.

Sonic Zoom.

Jan 16, 2024 11:11:37pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=PHCQCLJURkw&si=Dmb0rcwq0hMtNXE5>

Updated Jan 16, 2024 10:58:42pm

Jan 16, 2024 10:58:42pm

Olive oil is pretty damn good for your health!

But don't consume more than one tablespoon of olive oil per day and don't eat more than six olives per day!

Also, don't eat more than six walnuts a day!

Irrelevant, but if you want super memory, create stories (this is an example of mnemonic techniques) that contain clues to the main ideas of the large text you want to remember.

Combine that with repetition and you get an unbeatable memory!

Jan 16, 2024 9:34:06pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=bHXiZlkr1sk&si=6MtQ9dSydrAXuWIU>

Updated Jan 16, 2024 9:21:17pm

Jan 16, 2024 9:21:17pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=pcb5sUVwMlc&si=VRsBeEzyTEeKUSDZ>

Updated Jan 16, 2024 9:21:02pm

Jan 16, 2024 9:21:02pm

Solon Papageorgiou shared a video from the playlist 1ος Κύκλος.

<https://www.facebook.com/share/v/N4vY3B9SnLwLL6nR/>

Updated Jan 16, 2024 8:58:52pm

Jan 16, 2024 8:58:52pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=HMKRTdHsZEA&si=R-unyx2LXusUYW2z>

Updated Jan 16, 2024 8:54:24pm

Jan 16, 2024 8:54:24pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=36U1V4F4ZfQ&si=cm2aQ2eo-RGbdivn>

Updated Jan 16, 2024 8:38:36pm

Jan 16, 2024 8:38:36pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=Uh8B_1JjVg&si=nvGNE_DnhUM88aM4

Updated Jan 16, 2024 8:31:22pm

Jan 16, 2024 8:31:22pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=MmJc-tKohcc&si=-BqMt64LJC3HkUnm>

Updated Jan 16, 2024 8:28:53pm

Jan 16, 2024 8:28:53pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=yR5jN_vLYgw&si=sXuDralZZNs5i05I

Updated Jan 16, 2024 8:16:31pm

Jan 16, 2024 8:16:31pm

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=RP0_8J7uxhs&si=wmnwxHeUdxS2qPLJ

Updated Jan 16, 2024 8:06:44pm

Jan 16, 2024 8:06:44pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=BERFZja9wb0&si=3H0M8lucukcsFDPt>

Updated Jan 16, 2024 8:02:36pm

Jan 16, 2024 8:02:36pm

An estimated 26% of Americans ages 18 and older -- about 1 in 4 adults -- suffers from a diagnosable mental disorder in a given year.

Approximately 9.5% of American adults ages 18 and over, will suffer from a depressive illness (major depression, bipolar disorder, or dysthymia) each year.

So, basically everyone is diagnosed. Is there anyone that escapes this medical fad?

Jan 16, 2024 7:35:03pm

If you can't find any doctor to testify against a medical malpractice case locally, you can always find someone from abroad!

If you don't have money to pay for one, the state will pay for that, along with lawyer costs, if you can't afford one.

Jan 16, 2024 7:21:31pm

A trial can end generally speaking quickly or it can drag for many years.

Jan 16, 2024 7:18:45pm

You can first initiate criminal proceedings or first civil proceedings or both at the same time.

Any evidence provided to the police, can automatically be used in civil proceedings, too.

Jan 16, 2024 7:15:36pm

Anyone can press charges against a crime to the police against a culprit, not just the victim, as a crime is considered a crime against society and the state.

Jan 16, 2024 7:12:31pm

I think you are pretty much free to request most of the medical records from your hospital.

Mental health records, for reasons of manipulation, are only available during court proceedings.

There might be online governmental portals in your country, ask your primary physician for access, where you can see the diseases from which you are currently suffering. It's likely that your doctors never informed you what illnesses you are suffering from. They just give you pills.

Jan 16, 2024 7:09:34pm

Dark chocolate is good for your health, as long as you eat a piece once a week.

Jan 16, 2024 7:03:47pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/dp/B08CMSF2GJ/ref=syn_sd_onsite_mobileweb_0?ie=UTF8&psc=1&pd_rd_plhdr=t&aref=XQeOP9832b

Updated Jan 16, 2024 6:27:07pm

Jan 16, 2024 6:27:07pm

Be smarter than the modern day scammers! Be aware of SMSes of unknown origins or tech-support scams that ask you for access to your computer device!

Jan 16, 2024 6:16:35pm

If you like pubs and bars, to meet a woman, buy her a drink.

Then, once you meet her for a while, ask for her Instagram!

Jan 16, 2024 4:41:52pm

A married woman with a child is less likely to leave her husband for somebody else, as she believes the other man won't be as kind to her child as the biological father?

Jan 16, 2024 4:06:20pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/LISEN-Charger-Cigarette-Lighter-iPhone14-Black/dp/B0BVZK3MHF/ref=sxin_22_pa_sp_phone_search_thematic_ssapa?content-id=amzn1.sym.a30487d2-52b9-427c-95dd-d0e37b2e77d1%3Aamzn1.sym.a30487d2-52b9-427c-95dd-d0e37b2e77d1&crd=1TIV2BXN8EFP4&cv_ct_cx=usb+car+charger+socket+12v&dib=eyJ2ljojMSJ9.9-Qr0hp-otLab-TR2DbrVicua8o5oeaYFHdi9Zp0hpQLS9tmUr-l1g7sPYS-MSIYOflOOPKY0FIBTzoVTzL34rQ.LpUPxq81j705AjVOafz2Ha5_ptBoje-OdfKDnK1egGA&dib_tag=se&keywords=usb+car+charger+socket+12v&pd_rd_i=B0BVZK3MHF&pd_rd_r=a3a4ad7c-b4e1-4231-81ff-9944ec5cc2e6&pd_rd_w=7Mzjv&pd_rd_wg=LowxA&pf_rd_p=a30487d2-52b9-427c-95dd-d0e37b2e77d1&pf_rd_r=DBB0WVXFMD1NDZNCWVS&qid=1705408855&quartzVehicle=29-10519&replacementKeywords=usb+car+socket+12v&sprefix=isb+car%2Caps%2C386&sr=1-1-ad3222ed-9545-4dc8-8dd8-6b2cb5278509-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWVY2hfdGhIbWF0aWM&psc=1

Updated Jan 16, 2024 2:42:08pm

Jan 16, 2024 2:42:08pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=IrnMI0q4Pnc&si=Oa1Qh6Eif7VB-fhX>

Updated Jan 16, 2024 2:36:52pm

Jan 16, 2024 2:36:52pm

If you created a new product, patent it! Also, it's a bit expensive to do that admittedly.

Jan 16, 2024 2:18:38pm

If you need to get your message across a lot of people or advertise your product or service, try advertising on Facebook!

For a few euros, you'll reach thousands of people!

A 10% of those is expected to convert into sales!

How cool is that?

Jan 16, 2024 2:16:33pm

When you write something on paper, make sure it has an introduction, a middle, and a conclusion.

Each paragraph should stand alone. When you have something new to say, write a new paragraph.

Jan 16, 2024 2:03:30pm

With warm/hot/cold reading you can even learn everything you want to know about a person!

How cool is that?

Jan 16, 2024 1:55:50pm

Solon Papageorgiou shared a link.

<http://archive.org/>

To get a copyright, be sure to have something original and creative to say and to write it down, whether on paper or on electronic media. Be sure to write your name on it, too.

You can also register your work with the Library of Congress online, it's cheap. Worldwide protection is conferred.

That way, you can make money with your work and request DCMA acts from Google or proceed to lawsuits if someone violates your copyrights.

Be sure to save a copy of your work at <https://archive.org/>

Know though, that not all countries respect copyrights.

You should be able to prove when you first published it, if the need arises.

Updated Jan 16, 2024 2:00:46pm

Jan 16, 2024 1:49:38pm

All you have to do to get a trademark in the USA and other countries, too, is to append the symbol '™', next to your word.

You need to do business under it, selling goods or services. You can get the trademark, even if you are offering the above for free!

Jan 16, 2024 1:31:37pm

Always have a full stomach and drink water before taking your medication.

It minimizes side effects.

Jan 16, 2024 1:26:49pm

After the bath, wipe your body off with a towel well and dry your hair with cold air.

Don't shampoo your hair every day.

Jan 16, 2024 12:32:38pm

Manual of conduct and treatment in Intensive Medicine
Author: ALEXANDRO DE BRITO MOURA JUNIOR DIGITAL

Jan 16, 2024 12:11:25pm

Guess what, yesterday I finished my book, exactly 33 chapters.

Jan 16, 2024 12:09:38pm

Yesterday was a special day: $1 + 1 + 5 + 2 + 24 = 33$, $1 + 1 + 5 + 2 + 2 + 4 = 15$, $+357\ 95\ 100\ 590 = 44$

Jan 16, 2024 12:05:41pm

Solon Papageorgiou shared a link.

https://youtube.com/playlist?list=OLAK5uy_nqoJjKGJtETw4NeJzD3QrltysM7gOo6VM&si=TvRVEU9ZE9K5BeQy

Updated Jan 16, 2024 12:02:48pm

Jan 16, 2024 12:02:48pm

Solon Papageorgiou shared a link.

<https://www.open.ac.uk/courses/choose/welcome>

Don't have the time to study at a physical university?

Try a distance learning degree!

Then, you can take the exams at your local British Council center!

<https://www.open.ac.uk/courses/choose/welcome>

Updated Jan 16, 2024 11:37:39am

Jan 16, 2024 11:37:39am

Solon Papageorgiou shared a link.

<https://www.memtest86.com/>

<https://crystalmark.info/en/software/crystaldiskinfo/>

<https://www.memtest86.com/>

Updated Jan 16, 2024 11:30:15am

Jan 16, 2024 11:30:15am

Solon Papageorgiou shared a link.

<https://portableapps.com/>

<https://portableapps.com/>

Updated Jan 16, 2024 11:26:12am

Jan 16, 2024 11:26:12am

Solon Papageorgiou shared a link.

<https://www.emsisoft.com/en/home/emergency-kit/>

<https://www.emsisoft.com/en/home/emergency-kit/>

Updated Jan 16, 2024 11:24:26am

Jan 16, 2024 11:24:26am

To reset your PC, go to Start > Settings > Update & Security > Recovery > Reset this PC > Get Started. Then, select Keep my files, choose cloud or local, change your settings, and set Restore preinstalled apps? to No.

Jan 16, 2024 11:09:44am

Solon Papageorgiou shared a link.

<https://www.almico.com/speedfan.php>

<https://www.ccleaner.com/ccleaner>

<https://www.ccleaner.com/defraggler>

<https://www.ccleaner.com/recuva>

<https://www.ccleaner.com/speccy>

<https://www.almico.com/speedfan.php>

Updated Jan 16, 2024 11:07:05am

Jan 16, 2024 11:07:05am

Solon Papageorgiou shared a link.

<https://www.cyotek.com/cyotek-webcopy/>

<https://www.cyotek.com/cyotek-webcopy/>

Updated Jan 16, 2024 11:03:31am

Jan 16, 2024 11:03:31am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=BwyDCHf5iCY&si=_RNbfmj_UyLC3Xyb

Updated Jan 16, 2024 10:56:00am

Jan 16, 2024 10:56:00am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=95cW0Xaa8sA&si=ssKrpcANK7ZILeZS>

Updated Jan 16, 2024 10:49:12am

Jan 16, 2024 10:49:12am

Solon Papageorgiou shared a link.

<https://www.paxlovid.com/>

<https://www.paxlovid.com/>

Updated Jan 16, 2024 10:35:42am

Jan 16, 2024 10:35:42am

Solon Papageorgiou shared a link.

<https://politis.com.cy/politis-news/epistimi-kai-technologia/733268/i-bataria-toy-mellontos-energeia-gia-50-chronia-choris-fortisi>

Updated Jan 16, 2024 10:28:08am

Jan 16, 2024 10:28:08am

Solon Papageorgiou shared a link.

https://www temu.com/be/46pcs-car-repair-tool-kit-2-54-10-16-cm-drive-socket-ratchet-wrench-set-combo-tools-kit-bicycle-auto-repairing-tool-g-601099521353742.html?top_gallery_url=https%3A%2F%2Fimg.kwcdn.com%2Fproduct%2FFancyalgo%2FVirtualModelMatting%2Fb6146a5fb2e6eb8e92167233dcd27e47.jpg&spec_gallery_id=4018612828&refer_page_sn=10009&refer_source=10022&freesia_scene=2&oak_freesia_scene=2&oak_rec_ext_1=MTcwOQ&refer_page_el_sn=200049&x_sessn_id=2jcjg3lhyu&refer_page_name=search_result&refer_page_id=10009_1705393209955_flx8f6swej

https://www temu.com/be/46pcs-car-repair-tool-kit-2-54-10-16-cm-drive-socket-ratchet-wrench-set-combo-tools-kit-bicycle-auto-repairing-tool-g-601099521353742.html?top_gallery_url=https%3A%2F%2Fimg.kwcdn.com%2Fproduct%2FFancyalgo%2FVirtualModelMatting%2Fb6146a5fb2e6eb8e92167233dcd27e47.jpg&spec_gallery_id=4018612828&refer_page_sn=10009&refer_source=10022&freesia_scene=2&oak_freesia_scene=2&oak_rec_ext_1=MTcwOQ&refer_page_el_sn=200049&x_sessn_id=2jcjg3lhyu&refer_page_name=search_result&refer_page_id=10009_1705393209955_flx8f6swej

Updated Jan 16, 2024 10:24:16am

Jan 16, 2024 10:24:16am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=G4cXvoSnT94&si=-ZaA0APlxP1UeUo9>

Updated Jan 16, 2024 9:50:12am

Jan 16, 2024 9:50:12am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=wOKAa_gaYFM&si=nI55xwVOEV8Csf60

Updated Jan 16, 2024 9:47:38am

Jan 16, 2024 9:47:38am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=mhOOziH7QAo&si=XQxAkYXesfQ3W_SW

Updated Jan 16, 2024 9:45:18am

Jan 16, 2024 9:45:18am

Solon Papageorgiou shared a link.

<https://www.seamonkey-project.org/>

<https://www.seamonkey-project.org/>

Updated Jan 16, 2024 1:35:04am

Jan 16, 2024 1:35:04am

Solon Papageorgiou shared a link.

<https://bazaraki.com/>

How to find a job or an employee if you are an employer

Try registering in a governmental or private agency that finds you one.

Or you can try through LinkedIn or through websites such as <https://ergodotisi.com/> or <https://bazaraki.com/>

Newspaper ads or Facebook groups with ads are also a means.

You can also google for jobs and apply directly to positions on the companies' websites. Send to them your CV, even if they don't have open positions.

Finally, you can try through word of mouth.

Updated Jan 15, 2024 7:14:09pm

Jan 15, 2024 7:14:09pm

I couldn't resist, wanted to throw it out of my system, when people cheat, which is very common, they do that with acquaintances, not random strangers.

Jan 15, 2024 6:49:35pm

Solon Papageorgiou shared a link.

https://www.youtube.com/watch?v=XAMB5PPz_mc

https://www.youtube.com/watch?v=XAMB5PPz_mc

Updated Jan 15, 2024 12:02:33pm

Jan 15, 2024 12:02:33pm

Timeline photos

Jan 15, 2024 11:15:44am

Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 15, 2024 8:42:47am

Jan 15, 2024 8:42:47am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=6AgH2uFlihc&si=H4WNNH1JSKSNnCI4q>

Updated Jan 15, 2024 8:28:02am

Jan 15, 2024 8:28:02am

From dairy products, if you go only for yogurt, that is the optimal solution, go for low fat yogurt or 0% fat yogurt and don't eat more than a tablespoon of it daily.

Jan 15, 2024 7:54:07am

Sex is important because it intensifies love, but sex for fun leads only to disaster.

Jan 15, 2024 7:37:16am

The two most important needs humans have are survival and reproduction.

Jan 15, 2024 7:24:27am

Windows Subsystem for Linux is a feature of Windows that allows developers to run a Linux environment without the need for a separate virtual machine or dual booting. There are two versions of WSL: WSL 1 and WSL 2.

Jan 15, 2024 7:20:46am

Solon Papageorgiou shared a link.

<https://duckduckgo.com/>

Updated Jan 15, 2024 7:15:17am

Jan 15, 2024 7:15:17am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=JyZ9yo4kUM8&si=DH2_pWBLvFn0SDo1

Updated Jan 15, 2024 7:02:19am

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<https://anti-psychiatry.com/>

Updated Jan 15, 2024 7:02:02am

Jan 15, 2024 7:02:02am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=t_TywytZvdw&si=i0MbcWXg1PWTuCLN

Updated Jan 15, 2024 6:46:33am

Jan 15, 2024 6:46:33am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=HjbarVSI32k&si=s9Nnf7eLRpW4IPtL>

Updated Jan 15, 2024 6:44:58am

Jan 15, 2024 6:44:58am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=I55LUEfnbX8&si=Ls5-fUPFkwrl_HmQ

Updated Jan 15, 2024 6:38:03am

Jan 15, 2024 6:38:03am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=N0LsYY7WNP4&si=XP9mC8OIJpTe-SiN>

Updated Jan 15, 2024 6:35:20am

Jan 15, 2024 6:35:20am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=t4IVUcYe578&si=jGhEM_4aGeR0EWs0

Updated Jan 15, 2024 6:33:48am

Jan 15, 2024 6:33:48am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=HmJh19YVGB0&si=DQi64yTFEgNhXHLY>

Updated Jan 15, 2024 6:32:52am

Jan 15, 2024 6:32:52am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=Sw0ZsBVdD6E&si=F0UHOIEiNI8W9xMD>

Updated Jan 15, 2024 6:31:03am

Jan 15, 2024 6:31:03am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=9XKgA59wzB4&si=NRMBncvJkE-8mtUO>

Updated Jan 15, 2024 6:30:36am

Jan 15, 2024 6:30:36am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=9FklwHosB-8&si=WY9n5hMQOccGus0a>

Updated Jan 15, 2024 6:30:10am

Jan 15, 2024 6:30:10am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=9P_GI1wjW_I&si=o_lfRklhdHUnSNg3

Updated Jan 15, 2024 6:29:32am

Jan 15, 2024 6:29:32am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=p7jr8NA7RLs&si=FmaK4l6Ltj6bsN9h>

Updated Jan 15, 2024 6:26:06am

Jan 15, 2024 6:26:06am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=rdfSWRijHcA&si=zHkdjeP3GAzhjblI>

Updated Jan 15, 2024 6:25:43am

Jan 15, 2024 6:25:43am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=D_meobkNU20&si=qH-PEVT7wzpUe4fj

Updated Jan 15, 2024 6:25:10am

Jan 15, 2024 6:25:10am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=kSyRxLJ-LNs&si=6ZUNtC1G4F4AwFyp>

Updated Jan 15, 2024 6:23:46am

Jan 15, 2024 6:23:46am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=JAx7HxtpsFQ&si=Bh3gAl2Lq6X7eyBB>

Updated Jan 15, 2024 6:23:35am

Jan 15, 2024 6:23:35am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=vucQAiKIKHk&si=9Ne_7AHn65zksvLI

Updated Jan 15, 2024 6:23:22am

Jan 15, 2024 6:23:22am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=VPAdXxWmzvs&si=pGS6OI1aJO491Aei>

Updated Jan 15, 2024 6:23:02am

Jan 15, 2024 6:23:02am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=eT_s5DTLXdM&si=pqax19LNZjQ2mVbS

Updated Jan 15, 2024 6:22:11am

Jan 15, 2024 6:22:11am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=M-WM-27DZ-M&si=46higkQljVFChpTB>

Updated Jan 15, 2024 6:21:21am

Jan 15, 2024 6:21:21am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=uxZZSthiN2g&si=VkCnDzmFBgpZdayQ>

Updated Jan 15, 2024 6:18:13am

Jan 15, 2024 6:18:13am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=IJ8mR4eMucY&si=cOWn-dl0zer8nLWA>

Updated Jan 15, 2024 6:16:47am

Jan 15, 2024 6:16:47am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=-uCDw30wCe0&si=AP-TXqyAayhhnrCb>

Updated Jan 15, 2024 6:07:56am

Jan 15, 2024 6:07:56am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=MV_BNrw-ucM&si=_VpH3BQOhQgVKfTo

Updated Jan 15, 2024 5:59:57am

Jan 15, 2024 5:59:57am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=As-oVm6NDX0&si=z1s3xRRvY_2YrBkD

Updated Jan 15, 2024 5:56:12am

Jan 15, 2024 5:56:12am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=a8Rwz6zBJSE&si=_XgR4JlhY9M73juC

Updated Jan 15, 2024 5:54:31am

Jan 15, 2024 5:54:31am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=y3KEhWTnWvE&si=5mfEYgB0h48Vxcaa>

Updated Jan 15, 2024 5:51:41am

Jan 15, 2024 5:51:41am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=-WElhF1CuuU&si=x9vDY1Ry1sM6m8Gb>

Updated Jan 15, 2024 5:49:55am

Jan 15, 2024 5:49:55am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=8DDHulO485k&si=Jaf58bZ2hAuSnDYc>

Updated Jan 15, 2024 5:48:33am

Jan 15, 2024 5:48:33am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=_wM7A6Eht7s&si=tj3gOCOpFvFKOA-

Updated Jan 15, 2024 5:47:01am

Jan 15, 2024 5:47:01am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=VZt7J0iaUD0&si=BW4wlXh7Y-HT4WyN>

Updated Jan 15, 2024 5:43:24am

Jan 15, 2024 5:43:24am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=PSoOFn3wQV4&si=JmlxN2isRXCO3zgl>

Updated Jan 15, 2024 5:39:13am

Jan 15, 2024 5:39:13am

Solon Papageorgiou shared a link.

<https://www.youtube.com/watch?v=aTHVLRzf7WY>

<https://www.youtube.com/watch?v=aTHVLRzf7WY>

Updated Jan 15, 2024 5:01:39am

Jan 15, 2024 5:01:39am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=STYleKkzhv0&si=DTyMPCOB20Q3TScb>

Updated Jan 15, 2024 4:55:00am

Jan 15, 2024 4:55:00am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=n6oSeODGmoQ&si=v2purwjw64BF5oQO>

Updated Jan 15, 2024 4:50:38am

Jan 15, 2024 4:50:38am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=Pk9lgimztD4&si=jlENetsR6wnF2eHw>

Updated Jan 15, 2024 4:47:57am

Jan 15, 2024 4:47:57am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=ZM_76pkynos&si=mVmHvFKBRxPZhQIm

Updated Jan 15, 2024 4:45:09am

Jan 15, 2024 4:45:09am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=nvOpsby_XrA&si=dWghCCuISer4K1I_

Updated Jan 15, 2024 4:39:26am

Jan 15, 2024 4:39:26am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=sTTOh8MKodA&si=VB4JR3jVUKePwH9S>

Updated Jan 15, 2024 2:51:16am

Jan 15, 2024 2:51:16am

Solon Papageorgiou shared a link.

https://youtube.com/watch?v=WSs2e0WKafc&si=WTLk6Dy_uevxCS6Z

Updated Jan 15, 2024 2:34:50am

Jan 15, 2024 2:34:50am

Solon Papageorgiou shared a link.

<https://www.mywot.com/>

<https://www.mywot.com/>

Updated Jan 15, 2024 2:21:30am

Jan 15, 2024 2:21:30am

Solon Papageorgiou shared a link.

<https://caniuse.com/>

<https://caniuse.com/>

Updated Jan 15, 2024 2:19:54am

Jan 15, 2024 2:19:54am

Solon Papageorgiou shared a link.

<https://www.virustotal.com/gui/home/upload>

<https://www.virustotal.com/gui/home/upload>

Updated Jan 15, 2024 2:19:22am

Jan 15, 2024 2:19:22am

Solon Papageorgiou shared a link.

<https://www.scam-detector.com/>

<https://www.scam-detector.com/>

Updated Jan 15, 2024 2:18:36am

Jan 15, 2024 2:18:36am

If you fall ill from a virus, get plenty of rest and fluids.

Jan 14, 2024 8:49:02pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/JavaScript-easy-steps-Mike-McGrath/dp/1840788771/ref=mp_s_a_1_3_sspa?crid=30D26AW7Y46OB&dib=eyJ2ljojMSJ9.ZyFscRF5-RlsvOI0ZyVTTUOPUv6qR1XcTvgdwENwP_Rrjivbhpga0dkLeaFRWvvsrS3YINI56qDcss3l-Q0qondh507d54nIJBfQwG6oGchIPn5US16EPH98Ev0Ua0X_nmanIFpJmNS-qBePweqC7Q.AYrLmXTwkGpHD67g0Y_YBBaScQ6SSTNVqkogW0zqpqg&dib_tag=se&keywords=javascript+in+simple+steps&qid=1705254240&sprefix=javascript+in+simple+steps%2Caps%2C183&sr=8-3-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWVhY2hfYXRm&psc=1

Updated Jan 14, 2024 7:44:27pm

Jan 14, 2024 7:44:27pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/PHP-Web-Visual-Quickstart-QuickStart/dp/0134291255/ref=mp_s_a_1_1?crid=6YI91G33Z98U&dib=eyJ2ljojMSJ9.OU1EFnyOum2ZceJlexZ8RJ2QgVIZfJdJp8H0GNalJaM8G7w1zomkVYvldN74YoollcnOXe6wiz54-OQ5ZAs1ExZYwuxHRfMA0VPmFYUMiKPSHyv3JCT6AphLde-koHg2GVNIR0N2oHgCYImR436Kg.D6h0Qna0HiMWO8wKPLV6CBgwNLU_EumtmkPzRkpPegA&dib_tag=se&keywords=php+visual+guide&qid=1705253570&sprefix=php+visual+guide%2Caps%2C237&sr=8-1

Updated Jan 14, 2024 7:43:42pm

Jan 14, 2024 7:43:42pm

Solon Papageorgiou shared a link.

https://www.amazon.co.uk/MySQL-Tutorial-All-Luke-Welling/dp/0672325845/ref=mp_s_a_1_1?crid=1EE7BSI48CVEX&dib=eyJ2IjoiMSJ9.v-2ZX2JPyjdbXuGmCo78klHAwIzDbcjBay9h5bLQGt3H84VtOnyqHhH6ps0_8wg30uxzO0kb52dLah6UrTvmqQ1tWS8DJLvTvSF8xQnRDR22tM5Pmuue_uE6edHQxzcKoi6-KDgr-Vy_SzLSQxHZ9A.0RR7Krqdwx3Mnt0XBP58kOMsPRUZ_szWQK_Tc2ygM_A&dib_tag=se&keywords=mysql+tutorial&qid=1705253532&sprefix=mysql+tutorial%2Caps%2C202&sr=8-1

Updated Jan 14, 2024 7:32:32pm

Jan 14, 2024 7:32:32pm

Here is a sample program in PHP8, HTML5, CSS3, MySQL and JavaScript that prints out 'Hello World' written by the Artificial Intelligence app Chat Smith for Android to get you started with Web development:

Sure! Let me provide you with a simple "Hello, World!" program in PHP 8, HTML5, CSS3, MySQL, and JavaScript.

First, here's the PHP 8 code for a basic "Hello, World!" program:

```
```php
<?php
echo "Hello, World!";
?>
```
```

Next, here's the HTML5 code to create a web page displaying "Hello, World!" using the PHP code we just wrote:

```
```html
<!DOCTYPE html>
<html>
<head>
<title>Hello World</title>
<link rel="stylesheet" type="text/css" href="styles.css">
</head>
<body>
<h1><?php echo "Hello, World!"; ?></h1>
</body>
</html>
```
```

Now, let's add some basic CSS3 to style the "Hello, World!" text. Create a file called `styles.css` and add the following CSS code:

```
```css
h1 {
color: blue;
text-align: center;
}
```
```

Moving on to MySQL, here's a simple script to create a table and insert "Hello, World!" into it:

```
```sql
CREATE TABLE messages (
id INT AUTO_INCREMENT PRIMARY KEY,
```

```
message VARCHAR(255)
);
```

```
INSERT INTO messages (message) VALUES ('Hello, World!');
...
```

For JavaScript, we can create an alert to display "Hello, World!" when the page loads. Here's the JavaScript code:

```
``javascript
window.onload = function() {
alert("Hello, World!");
}
...

```

Now, let's create a complete example where we interact with a MySQL database using PHP to retrieve the "Hello, World!" message and display it on a web page.

First, set up the MySQL database and create a table named `messages` with columns: `id` and `message`.

```
``sql
CREATE TABLE messages (
id INT AUTO_INCREMENT PRIMARY KEY,
message VARCHAR(255)
);
...

```

Then add a record with the "Hello, World!" message.

```
``sql
INSERT INTO messages (message) VALUES ('Hello, World!');
...

```

Next, create a PHP script to connect to the database and fetch the message:

```
``php
<?php
$servername = "localhost";
$username = "your_username";
$password = "your_password";
$dbname = "your_dbname";

// Create connection
$conn = new mysqli($servername, $username, $password, $dbname);

// Check connection
if ($conn->connect_error) {
die("Connection failed: " . $conn->connect_error);
}

$sql = "SELECT message FROM messages";
$result = $conn->query($sql);

if ($result->num_rows > 0) {
// output data of each row
while($row = $result->fetch_assoc()) {
echo "Message: " . $row["message"];
}
} else {
echo "0 results";
}
$conn->close();
?>

```



...

Now, create an HTML file to display the message retrieved from the database using PHP:

```
```html
<!DOCTYPE html>
<html>
<head>
<title>Hello World</title>
<link rel="stylesheet" type="text/css" href="styles.css">
<script src="script.js"></script>
</head>
<body>
<?php
$servername = "localhost";
$username = "your_username";
$password = "your_password";
$dbname = "your_dbname";

$conn = new mysqli($servername, $username, $password, $dbname);

if ($conn->connect_error) {
die("Connection failed: " . $conn->connect_error);
}

$sql = "SELECT message FROM messages";
$result = $conn->query($sql);

if ($result->num_rows > 0) {
while($row = $result->fetch_assoc()) {
echo "<h1>Message: " . $row["message"] . "</h1>";
}
} else {
echo "0 results";
}
$conn->close();
?>
</body>
</html>
```
```

Finally, here's the JavaScript code to create an alert with the "Hello, World!" message:

```
```javascript
window.onload = function() {
alert("Hello, World!");
}
```
```

This example should give you a basic understanding of how to create a "Hello, World!" program using PHP 8, HTML5, CSS3, MySQL, and JavaScript, as well as how to retrieve and display the message from a MySQL database.

Jan 14, 2024 7:28:55pm

You can also add additional time of registration to your hosting plan at any time.

Just ask your hosting company.

Jan 14, 2024 7:22:01pm

Suppose you registered a domain name for a year. You can ask your registrar company to add additional years of registration at any time up to the magic number of 10. So, that your domain name won't expire.

Jan 14, 2024 7:20:43pm

If you are building your own business, don't forget to make a Facebook and a LinkedIn page. It's easy, click on the many dots in the top right corner, and then you'll find the option 'Create Page or Company Page.'

Click there and off you go!

Jan 14, 2024 7:16:28pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=6Ealu62wFV&si=0h6snzKL4dKQLW4G>

Updated Jan 14, 2024 6:22:59pm

Jan 14, 2024 6:22:59pm

Shared hosting comes with Softaculous that allows you to easily install a myriad of Web software, such as Drupal.

Jan 14, 2024 6:17:57pm

To quickly build a gorgeously looking website with Drupal, install a pre-made theme on a Drupal site.

Jan 14, 2024 6:16:56pm

To find a good domain name, try a combination of one or more of the most common words in the English vocabulary.

Jan 14, 2024 6:14:26pm

For hosting of Web sites, you can try shared hosting, that's easy to manage or a VPS, that is harder to administer, but more flexible.

You can host your websites on HostZealot.

<https://hostzealot.com/>

Jan 14, 2024 6:13:13pm

Fish is great and tuna and even more so, salmon are the kings of fish.

Jan 14, 2024 6:07:53pm

Unsalted nuts are good and walnuts seem to be the kings of nuts.

Jan 14, 2024 6:06:57pm

**Solon Papageorgiou shared a link.**

[https://wwitv.com/webcam\\_tv/](https://wwitv.com/webcam_tv/)

Updated Jan 14, 2024 5:57:50pm

Jan 14, 2024 5:57:50pm

For constipation, you can buy oats and oatmilk at the supermarkets, oat bars at the kiosks and oat milk at cafeterias.

Coffee is also a natural laxative, but drink it decaffeinated. Unfortunately, it stains the teeth.

Walking also helps.

If nothing works, Senna tea is helpful.

If at thus point nothing worked, try a chemical laxative, called Duphalac and you could also try microenemas.

In worst case scenario, try an enema, but rumor has it, it has to be administered rarely.

Jan 14, 2024 5:24:54pm

If you are black, don't bleach your skin with whitening creams. Black skin is ageless.

Jan 14, 2024 5:17:30pm

To avoid premature aging of your skin, you should use a sunscreen identified as "broad-spectrum." This means it blocks out both UVA and UVB rays, unlike just a sun protection factor (SPF) designed to block burning UVB rays.

To avoid premature aging of your face, you should also avoid smoking.

Jan 14, 2024 5:13:08pm

**Less Visible Fine Lines and Wrinkles**

Hyaluronic Acid helps reduce the visibility of fine lines and wrinkles retaining moisture to the skin, creating a plumping effect. When the skin is protected and hydrated, increased skin cell production can take place, as the skin isn't busy fighting for hydration.

Jan 14, 2024 5:11:26pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=V5eoxeV56\\_o&si=zYpchk2aLNiauRkK](https://youtube.com/watch?v=V5eoxeV56_o&si=zYpchk2aLNiauRkK)

Updated Jan 14, 2024 4:57:49pm

Jan 14, 2024 4:57:49pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=kG12C1oX5Eo&si=5XwnXHPMsK\\_WshiM](https://youtube.com/watch?v=kG12C1oX5Eo&si=5XwnXHPMsK_WshiM)

Updated Jan 14, 2024 4:47:11pm

Jan 14, 2024 4:47:11pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 14, 2024 2:59:08pm

Jan 14, 2024 2:59:08pm

Be aware of strong pain medication, such as morphine! It's extremely addictive and it comes with strong side effects and suffering.

Although helpful, think twice and decide for yourself.

In some cases, it may be needed.

Heroin too, for pain.

Amphetamines are useful for ADHD.

Cocaine is useful for some types of surgery. It's a local anesthetic.

Jan 14, 2024 2:26:25pm

Laxatives against constipation are not a solution.

The body develops tolerance, plus it's loaded with sugar.

Jan 14, 2024 2:23:17pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/zvnEwDgs-0c?si=N0dVxiDJa8wXbulj>

Updated Jan 14, 2024 2:20:04pm

Jan 14, 2024 2:20:04pm

You can't change the old generation?

But for certain, you can change the new generation.

Jan 14, 2024 2:17:15pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=G4RhQFfw5dw&si=VRMLzs05ZNs8LSYr>

Updated Jan 14, 2024 2:12:27pm

Jan 14, 2024 2:12:27pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=tF6FATNekfA&si=7-YwfvRdlnsFFPRZ>

Updated Jan 14, 2024 2:08:19pm

Jan 14, 2024 2:08:19pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/KRxhnSkgxtk>

<https://youtu.be/KRxhnSkgxtk>

Updated Jan 14, 2024 1:43:20pm

Jan 14, 2024 1:43:20pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.mobisystems.mobiscanner>

Updated Jan 14, 2024 1:41:30pm

Jan 14, 2024 1:41:30pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=KRxhnSkgxtk&si=VnwybEbtF3hwDXhA>

Updated Jan 14, 2024 1:29:01pm

Jan 14, 2024 1:29:01pm

**Solon Papageorgiou shared a link.**

<https://tools.pdf24.org/el/ocr-pdf>

<https://tools.pdf24.org/el/ocr-pdf>

Updated Jan 14, 2024 1:25:44pm

Jan 14, 2024 1:25:44pm

**Solon Papageorgiou shared a link.**

<https://www.backup4all.com/>

<https://www.backup4all.com/>

Updated Jan 14, 2024 1:25:19pm

Jan 14, 2024 1:25:19pm

With Git, you can keep all versions of the same document on your disk.

If you make a mistake in the latest version of the document, you can revert to a previous document!

Piece of cake!

Jan 14, 2024 1:24:44pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=4lpjRyTMvbl&si=JW6J2BSQ6AXYFKlo>

Updated Jan 14, 2024 12:54:45pm

Jan 14, 2024 12:54:45pm

Solon Papageorgiou shared a link.

<https://jccsmart.com/>

You can fill in taxes online! You can also file V.A.T. and pretty much any transactions you used to do physically with a governmental agency you can do them online! Even sign contracts online and pay bills online, too!

Ever heard of <https://jccsmart.com/?>

Updated Jan 14, 2024 12:32:35pm

Jan 14, 2024 12:32:01pm

Solon Papageorgiou shared a link.

[https://youtube.com/watch?v=JQWT\\_UT5HfQ&si=ysObyapBc5fzT4PM](https://youtube.com/watch?v=JQWT_UT5HfQ&si=ysObyapBc5fzT4PM)

Updated Jan 14, 2024 12:13:21pm

Jan 14, 2024 12:13:21pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=MFO6OtnmEDo&si=ZR5g-KEtmywZV-y3>

Updated Jan 14, 2024 12:12:51pm

Jan 14, 2024 12:12:51pm

Φαίνεται, αφήνουν το μισό πλυθυσμό ανίκανους για να \* αβέρτα.

Jan 14, 2024 12:07:59pm

A new survey of 1,000 Americans and Europeans takes a look at how popular friends-with-benefits arrangements really are — and found that women are more likely to have them than men. Not only that, but people who have them are pretty satisfied with their sex lives.

The survey, from [DrEd.com](https://www.dr-ed.com), an online health consulting website, found that 57% of participants reported having ever had friends-with-benefits, while 43% had not. Of the people who had, 18% of American women said they were currently in a friends-with-benefits relationship, while 17% of American men said that they were.

Women were more likely than men to have casual sexual relationships in Europe, too — 31% of European women said they currently had friends-with-benefits, while 25% of European men said the same.

Overall, the people in friends-with-benefits relationships said they were sexually satisfied in their lives. 51% of Americans in FWB arrangements said they were satisfied, 30% said they were only somewhat satisfied, and 19% said that they were dissatisfied.

When the survey asked those in relationships (versus FWBs) to rate their sexual satisfaction, the numbers were slightly lower — 43% of Americans said they were satisfied, 26% were somewhat satisfied, and 31% were dissatisfied.

However, the point isn't that people in FWB are more satisfied with their sex lives than those in relationships — to each their own, of course. Plus, it's important to keep in mind that 1,000 people is a fairly small sample size, but the survey gives some insight into the idea that FWBs can work, and people can find a lot of satisfaction in these casual relationships.

For more on these stats, head to DrEd's website.

Jan 14, 2024 11:51:17am

**Solon Papageorgiou shared a link.**

<https://www.onepdf.online/>

<https://www.onepdf.online/>

Updated Jan 14, 2024 11:41:15am

Jan 14, 2024 11:41:15am

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<https://play.google.com/store/apps/details?id=com.mobisystems.office>

Updated Jan 14, 2024 11:40:38am

Jan 14, 2024 11:40:38am

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<https://youtube.com/watch?v=SiviOdWDI9o&si=lyBSMvt95vLecYS5>

Updated Jan 14, 2024 11:09:34am

Jan 14, 2024 11:09:34am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=giLFKPxX450&si=gwt-MHtLKpsct2aT>

Updated Jan 14, 2024 10:47:03am

Jan 14, 2024 10:47:03am

**Percentage of single moms who get married**

Another 2021 study looking at the living arrangements of parents with children at home indicates that just over 50% of single parents have never married. Indeed, many single parents choose to stay single

Jan 14, 2024 10:41:49am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=QsD-LV7y-HE&si=fCtQ4zakGea6mJwp>

Updated Jan 14, 2024 8:44:40am

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Solon Papageorgiou shared a link.

<https://anti-psychiatry.com/>

And here are the parts of the book 'New Cyprus and New World.'

<https://anti-psychiatry.com/>

Updated Jan 14, 2024 7:48:51am

Jan 14, 2024 7:48:51am

Solon Papageorgiou shared a link.

<https://media4.giphy.com/media/v1.Y2lkPTk5OWFjZWJdWFvdDVqaHF1ZzdrYnh6NDB1M3pzcmJ6enZjMWFqYmRmZ28ybXB2diZlcD12MV9naWZzX3NIYXJjaCZjdD1n/l4Ki4biBSwhjyrS48/giphy.gif>

Updated Jan 14, 2024 7:44:21am

Jan 14, 2024 7:44:21am

Timeline photos

Jan 14, 2024 7:41:16am

Patients with schizophrenia have high risks of type 2 diabetes and cardiovascular disease, contributing to their excess mortality. Some of this is attributable to side effects of antipsychotic medication. The other reasons are unclear, but probably include genetic predisposition, poor diet and lack of exercise. Regular medical review and investigations (e.g. for diabetes, lipids, blood pressure) should be an integral part of management.

Taken from the book 'Lecture Notes: Psychiatry.'

Jan 14, 2024 7:39:07am

Many drugs have sexual side effects (e.g. thiazidediuretics, H2 antagonists, antihypertensives—as well as antidepressants and antipsychotics)

Taken from the book 'Lecture Notes: Psychiatry.'

Jan 14, 2024 7:38:05am

Common causes of impotence include:

- Anxiety about sexual performance.
- Alcohol.
- Unwanted effects of prescription medicines.
- Diabetes.
- Vascular disease

Taken from the book 'Lecture Notes: Psychiatry.'



Jan 14, 2024 7:37:10am

Both conventional and atypical antipsychotics can cause weight gain, although atypicals to a greater degree (Wirshing, 2004). Some of this weight gain seems to show a plateau effect (Miyamoto et al., 2003). When choosing a therapeutic regimen, weight gain and obesity are important side effects of antipsychotic medications to consider because of their association with hypertension, type II diabetes, sleep apnea, cardiovascular disease, osteoarthritis and some types of cancer (Allison & Casey, 2001; Allison et al., 1999). Clozapine and olanzapine are generally most associated with weight gain, with risperidone, sertindole, zotepine, amisulpride and quetiapine showing intermediate weight gain and ziprasidone and aripiprazole considered to induce minimal or no weight gain (Allison et al., 1999; Gardner et al., 2005; Kasper et al., 2003; Newcomer, 2005; Simpson et al., 2004; Wirshing, 2004)

From the book 'Essential Psychiatry.'

Jan 14, 2024 7:33:17am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are the parts of the book of 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 14, 2024 6:26:56am

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[https://media.tenor.co/l2F9zCkQFOkAAAAC/for-you.gif?t=AAYO3\\_AfC5kHScJevg\\_WPQ&c=VjFfZmFjZWJvb2s](https://media.tenor.co/l2F9zCkQFOkAAAAC/for-you.gif?t=AAYO3_AfC5kHScJevg_WPQ&c=VjFfZmFjZWJvb2s)

Updated Jan 14, 2024 6:20:17am

Jan 14, 2024 6:20:17am

\* disorders are very common with psychiatric drugs!

Jan 14, 2024 6:18:14am

**Solon Papageorgiou shared a link.**

<https://youtu.be/SU0rNIPURBc>

<https://youtu.be/SU0rNIPURBc>

Updated Jan 14, 2024 6:12:07am

Jan 14, 2024 6:12:07am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rVH9J9uuySc&si=PIPn-b70UgpxbnsL>

Updated Jan 14, 2024 6:06:58am

Jan 14, 2024 6:06:58am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=j7-FmAfxMmQ&si=SyAlji-rG4-94lwl>

Updated Jan 14, 2024 6:06:22am

Jan 14, 2024 6:06:22am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=jF3jAmBDylo>

The Real History of Cyprus and Greece

<https://www.youtube.com/watch?v=sk-oijjJTE&list=PLpWUNzEIEZrA1H5saYPWXcVxvFqvyO0PdX>

<https://www.youtube.com/watch?v=V4gV0433Hzc>

<https://www.youtube.com/watch?v=cbylWGEKnJk>

<https://www.youtube.com/watch?v=k6aqxcl3Lfo>

<https://www.youtube.com/watch?v=-2w4-va5w9E>

<https://www.youtube.com/watch?v=eaidBtRfQYc>

<https://www.youtube.com/watch?v=zChS0uR6j5E>

<https://www.youtube.com/watch?v=Wt3Rhd-V3g4>

<https://www.youtube.com/watch?v=vPchbPwMJS8>

<https://www.youtube.com/watch?v=U0ywlYgT4HM>

<https://www.youtube.com/watch?v=ljorJ3PtG8s&list=PLtoZBrwyEOlhLipE4QPOOt6ID6c1J45Mm>

<https://www.youtube.com/watch?v=MIZUcJrcIF4>

<https://www.youtube.com/watch?v=qzvj276XRLw>

<https://www.youtube.com/watch?v=KsOI1Z89BSQ>

<https://www.youtube.com/watch?v=XOoO6gZCpTk>

<https://www.youtube.com/watch?v=4yx-fSRdaMA>

[https://www.youtube.com/watch?v=9phQOYoE\\_wE](https://www.youtube.com/watch?v=9phQOYoE_wE)

<https://www.youtube.com/watch?v=cw23k7AELrA>

<https://www.youtube.com/watch?v=zoi-iK6pwYU>

<https://www.youtube.com/watch?v=l6xmSqrnaFI>

<https://www.youtube.com/watch?v=TBCKTiue0D8>

<https://www.youtube.com/watch?v=663L4bl5fWc>

<https://www.youtube.com/watch?v=89A0i9P16Cw>

<https://www.youtube.com/watch?v=r9SZ96-9hqg>

<https://www.youtube.com/watch?v=8HH0VQRvNrU>

<https://www.youtube.com/watch?v=HDZG5LykC-w&list=PLh4LCI40odwNa3ROvfCp9YvtyDkXodMcm>

<https://www.youtube.com/watch?v=0Nw8k-PA42E>

<https://www.youtube.com/watch?v=Us7ZHQO3tiU>

<https://www.youtube.com/watch?v=E1JVHZBrKhl>

[https://www.youtube.com/watch?v=fpranzdGZB8&list=PLtoZBrwyEOlghWB\\_7xLAA2HvTETM0ws7z](https://www.youtube.com/watch?v=fpranzdGZB8&list=PLtoZBrwyEOlghWB_7xLAA2HvTETM0ws7z)

<https://www.youtube.com/watch?v=MKyXkCTqmUc>

<https://www.youtube.com/watch?v=aspqiaPrYrg>

<https://www.youtube.com/watch?v=yeSxFPoy9Vk>

<https://www.youtube.com/watch?v=1waTI9-T7DQ>

<https://www.youtube.com/watch?v=1S6B0ipaOeE>

<https://www.youtube.com/watch?v=UzOp4erwdKo&list=PLACC5C8AE17D6FAC8>

[https://www.youtube.com/watch?v=IPbl5o\\_oa9I&list=PLgNdeYdZXXhWHiDuzfRhiGliZonRKSHHh](https://www.youtube.com/watch?v=IPbl5o_oa9I&list=PLgNdeYdZXXhWHiDuzfRhiGliZonRKSHHh)

<https://www.youtube.com/watch?v=nT32UCgHwVs>

<https://www.youtube.com/watch?v=ZZNb6kcfX-E>

<https://www.youtube.com/watch?v=hyWvvvB2OVk&list=PLRDC-2nehQG0MKJGI9FI7ARxrHM5wtja>

<https://www.youtube.com/watch?v=AJTwxCaOODM&list=PL-N5qdER5oLYPAquperjopLXBd0b5hGF>

[https://www.youtube.com/watch?v=XG8viOnjgAE&list=PL1F6q4vxbfnSLFFY\\_tj-Q8UeuK5kJfPys](https://www.youtube.com/watch?v=XG8viOnjgAE&list=PL1F6q4vxbfnSLFFY_tj-Q8UeuK5kJfPys)

<https://www.youtube.com/watch?v=rnM4NHOa8IA>

<https://www.youtube.com/watch?v=BySL5VXMOLI>

<https://www.youtube.com/watch?v=p6xpOr9oagM>

<https://www.youtube.com/watch?v=dkCPuRqqs2Y>

<https://www.youtube.com/watch?v=JA6tbTqkRRw>

[https://www.youtube.com/watch?v=RvC2OnPkyBc&list=PLQD8bMfLB1389quazw8FxE9\\_YFWRY03uc](https://www.youtube.com/watch?v=RvC2OnPkyBc&list=PLQD8bMfLB1389quazw8FxE9_YFWRY03uc)

<https://www.youtube.com/watch?v=5bfk6OudntI>

<https://www.youtube.com/watch?v=tkihAfXcF-M>

<https://www.youtube.com/watch?v=JhkpgiLbRpl>

[https://tainio-mania.online/load/metaglwatism\\_na\\_paidik\\_online/-hercules-1998/33-1-0-28195](https://tainio-mania.online/load/metaglwatism_na_paidik_online/-hercules-1998/33-1-0-28195)

[https://tainiomania.online/load/metaglwatism\\_na\\_paidik\\_online/hrakl\\_p\\_ra\\_ap\\_to\\_m\\_tho\\_hercules\\_1997/33-1-0-21798](https://tainiomania.online/load/metaglwatism_na_paidik_online/hrakl_p_ra_ap_to_m_tho_hercules_1997/33-1-0-21798)

[https://tainio-mania.online/load/istorik/agora\\_2009/10-1-0-1428](https://tainio-mania.online/load/istorik/agora_2009/10-1-0-1428)

[https://tainio-mania.online/load/top\\_250\\_movies/al\\_xandro\\_alexander\\_2004/29-1-0-2715](https://tainio-mania.online/load/top_250_movies/al_xandro_alexander_2004/29-1-0-2715)

[https://tainio-mania.online/load/seir/rwma\\_k\\_aytokrator\\_a\\_roman\\_empire\\_2016/21-1-0-20510](https://tainio-mania.online/load/seir/rwma_k_aytokrator_a_roman_empire_2016/21-1-0-20510)

[https://tainio-mania.online/load/ntokimant\\_r/1/15-1-0-2862](https://tainio-mania.online/load/ntokimant_r/1/15-1-0-2862)

<https://tainio-mania.online/load/seir/-/21-1-0-31441>

[https://tainio-mania.online/load/istorik/kak\\_tropoi\\_archa\\_oi\\_ancients\\_behaving\\_badly\\_2009/10-1-0-11061](https://tainio-mania.online/load/istorik/kak_tropoi_archa_oi_ancients_behaving_badly_2009/10-1-0-11061)

<https://tainio-mania.online/load/seir/rise-of-empires-ottoman-2020/21-1-0-23257>

<https://tainio-mania.online/load/seir/wwii-in-color-road-to-victory-2021/21-1-0-28135>

[https://tainio-mania.online/load/seir/troy\\_fall\\_of\\_a\\_city\\_2018\\_tv\\_series/21-1-0-19389](https://tainio-mania.online/load/seir/troy_fall_of_a_city_2018_tv_series/21-1-0-19389)

<https://tainio-mania.online/load/seir/-the-great-myths-the-odyssey-great-greek-myths-les-grandsmythes-2021/21-1-0-29921>

<https://tainio-mania.online/load/seir/-m-a-in-the-footsteps-of-alexander-the-great-1998/21-1-0-24692>

[https://tainiomania.online/load/ntokimant\\_r/in\\_search\\_of\\_the\\_trojan\\_war\\_o\\_trwik\\_p\\_lemo\\_2010/15-1-0-10668](https://tainiomania.online/load/ntokimant_r/in_search_of_the_trojan_war_o_trwik_p_lemo_2010/15-1-0-10668)

<https://tainio-mania.online/load/polemik/-alexander-the-great-1956/9-1-0-6589>

<https://tainio-mania.online/load/drama/the-300-spartans-1962/2-1-0-7696>

[https://tainiomania.online/load/istorik/h\\_pt\\_sh\\_th\\_rwma\\_k\\_aytokrator\\_a\\_the\\_fall\\_of\\_the\\_roman\\_empire\\_1964/10-1-0-2679](https://tainiomania.online/load/istorik/h_pt_sh_th_rwma_k_aytokrator_a_the_fall_of_the_roman_empire_1964/10-1-0-2679)

<https://tainio-mania.online/load/drama/cleopatra-1963/2-1-0-11152>

[https://tainio-mania.online/load/dr\\_sh/fetih-1453-2012/6-1-0-3008](https://tainio-mania.online/load/dr_sh/fetih-1453-2012/6-1-0-3008)

<https://tainio-mania.online/load/seir/-the-last-days-of-pompeii-1984/21-1-0-27040>

<https://www.youtube.com/watch?v=5IF1p5EUUn8>

<https://www.youtube.com/watch?v=Av1e0v21RAU>

<https://www.youtube.com/watch?v=eAjTwKupd7U>

[https://www.youtube.com/watch?v=\\_zObnx0-ZVA](https://www.youtube.com/watch?v=_zObnx0-ZVA)

[https://www.youtube.com/watch?v=\\_uX3YN-zUPw](https://www.youtube.com/watch?v=_uX3YN-zUPw)

<https://www.youtube.com/watch?v=G4zEWiHHgjU&list=PL3HD-z8pJuUZ9AXtGSniAzULsQcmxVsV>

<https://www.youtube.com/watch?v=818O7iMM3aA>

<https://www.youtube.com/watch?v=oaV7ZwxXo-8>

<https://www.youtube.com/watch?v=2yM1YIfCwiQ>

<https://www.youtube.com/watch?v=k64-JIZC7VY>

<https://www.youtube.com/watch?v=jF3jAmBDylo>

Updated Jan 14, 2024 6:04:58am

Jan 14, 2024 6:04:37am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>  
Updated Jan 14, 2024 5:58:31am

Jan 14, 2024 5:58:31am

**Solon Papageorgiou shared a link.**

<https://youtu.be/J66WzclTH9g?t=828>  
<https://youtu.be/J66WzclTH9g?t=828>  
Updated Jan 14, 2024 5:41:31am

Jan 14, 2024 5:41:31am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=J66WzclTH9g&si=ijgQ2M5EazACed8U>  
Updated Jan 14, 2024 5:40:30am

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[https://youtube.com/watch?v=eB\\_B03nghsk&si=FJ27RLbCD0Lu4XMM](https://youtube.com/watch?v=eB_B03nghsk&si=FJ27RLbCD0Lu4XMM)  
Updated Jan 14, 2024 5:39:38am

Jan 14, 2024 5:39:38am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=IZfGGF-YYzY&si=AzubYP7Z1DJltUJV>  
Updated Jan 14, 2024 5:38:41am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=altIXjsp46Q&si=ziLLDBkGYCs8gwzY>  
Updated Jan 14, 2024 5:27:06am

Jan 14, 2024 5:27:06am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XfThKVNI0Oc&si=GJMwnEDKT5eLF3x2>  
Updated Jan 14, 2024 5:23:09am

Jan 14, 2024 5:23:09am

**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/vaadTMhoEMg?si=KhcdRrhIO3sTCMb3>

Updated Jan 14, 2024 5:20:20am

Jan 14, 2024 5:20:20am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xlgHxdbct6Y&si=BH9D9wHHW32PlsiT>

Updated Jan 14, 2024 5:09:49am

Jan 14, 2024 5:09:49am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=F-a65NcGABg&si=iuC7UiHnJil2glJt>

Updated Jan 14, 2024 5:05:14am

Jan 14, 2024 5:05:14am

So, psychopaths or in other words the 1/3 of the criminals respond only to rewards, not to punishment.

Jan 14, 2024 5:04:24am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=6rCIYVLctMU&si=zP9XvOPAn5k\\_sfEE](https://youtube.com/watch?v=6rCIYVLctMU&si=zP9XvOPAn5k_sfEE)

Updated Jan 14, 2024 4:56:41am

Jan 14, 2024 4:56:41am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Co\\_tVd9gA2I&si=PMsEs8vXU14UDvF1](https://youtube.com/watch?v=Co_tVd9gA2I&si=PMsEs8vXU14UDvF1)

Updated Jan 14, 2024 4:44:32am

Jan 14, 2024 4:44:32am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rtvbv0PiRK0&si=dHnbcGsVtAt6pPes>

Updated Jan 14, 2024 4:41:44am

Jan 14, 2024 4:41:44am

can socialism work in small populations?

Socialism is a political and economic theory that advocates for the collective ownership of the means of production

and distribution of goods and services. The question of whether socialism can work in small populations is a complex one, and the answer depends on various factors such as the size of the population, the level of trust among members, and the degree of homogeneity. According to an article by the Foundation for Economic Education, socialism can work in small, homogeneous groups because of their intimacy and the ability to make rough interpersonal utility comparisons 1. However, the same article also notes that democratic socialism will fail in large-scale heterogeneous groups 1. Another article by Learn Liberty argues that socialist societies can only function vaguely in small populations with high degrees of trust 2. It is important to note that these are opinions and not definitive answers. The question of whether socialism can work in small populations is still a topic of debate among scholars and experts.

I hope this helps!

Jan 14, 2024 12:21:56am

To keep a long story short, socialism works in small homogeneous populations.

So, it will work in Cyprus.

Jan 14, 2024 12:20:50am

**Solon Papageorgiou shared a link.**

<https://fee.org/articles/when-socialism-works/>

<https://fee.org/articles/when-socialism-works/>

Updated Jan 14, 2024 12:19:58am

Jan 14, 2024 12:19:58am

What Ikeda says is right, but notice what his argument does not imply: that democratic socialism will fail in all contexts. His critique addresses the application of democratic socialism to a large-scale heterogeneous group. But if we think about very small, more homogeneous groups, something like democratic socialism can work. Not only can it work; it largely does work within such small groups all throughout the modern liberal, capitalist order. In fact, the liberal order can be seen as the unplanned interaction of lots of little socialist institutions.

Jan 14, 2024 12:19:42am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=evd4\\_gm1Bl4&si=3uZC5SH-Sy0BOjhy](https://youtube.com/watch?v=evd4_gm1Bl4&si=3uZC5SH-Sy0BOjhy)

Updated Jan 14, 2024 12:14:25am

Jan 14, 2024 12:14:25am

It's likely that socialism works best for small populations like Cyprus, when there is cash coming from outside (through globalization in our case). That's what they do in Twin Oaks town in the USA.

Jan 14, 2024 12:11:15am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=aT-wBJwAvvM&si=mhzy0FgG1A2SdWNI>

Updated Jan 14, 2024 12:08:40am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/C8YDTFjvV7U?si=u2gAX6gFYdL7VGkh>

Updated Jan 14, 2024 12:02:54am

Jan 14, 2024 12:02:54am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xguam0TKMw8&si=kpHRNt0RQ-CIKcfx>

Updated Jan 13, 2024 10:53:54pm

Jan 13, 2024 10:53:54pm

Basically, if I understood correctly, capitalism ends up producing too many goods, but nobody has the money to buy them, because money is concentrated in the hands of the few and then economic crisis arise.

Jan 13, 2024 10:48:09pm

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<https://m.youtube.com/@ThamesTv>

Updated Jan 13, 2024 10:36:36pm

Jan 13, 2024 10:36:36pm

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Updated Jan 13, 2024 10:23:17pm

Jan 13, 2024 10:23:17pm

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7260092/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7260092/>

Updated Jan 13, 2024 10:18:45pm

Jan 13, 2024 10:18:45pm

**Objective:**

The Physician Payments Sunshine Act (PPSA) requires reporting of financial payments by pharmaceutical and medical device companies to teaching hospitals and individual physicians in the US. Industry payments made to psychiatrists were quantified.

**Methods:**

Using the 2016–2017 Sunshine Act Open Payments database, general payments made to psychiatrists were descriptively analyzed. The number of psychiatrists who received payments, and median number, value (in US dollar),



and nature of payments to psychiatrists were quantified. Top 10 manufacturers who paid the most to psychiatrists were also reported.

#### Results:

Over half of active psychiatrists (55.7%) received some form of payments from pharmaceutical manufacturers. Of these, top 2.8% of psychiatrists received 82.6% of the payments. Pharmaceutical manufacturers provided 812,877 payments worth \$110,512,607.18 to 26,422 psychiatrists in the US. Compensation for services (e.g., speaker's bureaus) and consulting fees altogether constituted 71.4% of the total payment, with a median value of \$1,725.00 and \$700, respectively. Among all psychiatrists who received payments, manufacturers that paid the most included Otsuka Pharmaceuticals, Alkermes, and Sunovion Pharmaceuticals.

#### Conclusions:

The PPSA was created to foster transparent disclosure of any financial relationship between physicians and industry. Findings highlight that many active psychiatrists receive payments from pharmaceutical industry and payment forms were varied (e.g., food/beverage, educational materials, and compensation for services).

Jan 13, 2024 10:18:32pm

Το ξέρετε ό,τι πολλοί \*γιατροί τα πέρνουν για να προωθούν τα συμφέροντα των φαρμακοβιομηχανιών; 500εύρα τη φορά!

Jan 13, 2024 10:15:52pm

Ο λόγος που δεν τα σταματάνε οι \*γιατροί, είναι να βγάλουν και κανά ευρώ οι φαρμακοβιομηχανίες.

Jan 13, 2024 10:12:29pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/@ITNArchive>

<https://www.youtube.com/@ITNArchive>

Updated Jan 13, 2024 9:57:19pm

Jan 13, 2024 9:57:19pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=l2RDcXpIYBM&si=6zIDB5RcXq6KDINn>

Updated Jan 13, 2024 9:52:31pm

Jan 13, 2024 9:52:31pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Zb7wrbXfh\\_o&si=rnkozByStdfrn8Pn](https://youtube.com/watch?v=Zb7wrbXfh_o&si=rnkozByStdfrn8Pn)

Updated Jan 13, 2024 9:45:04pm

Jan 13, 2024 9:45:04pm

If you have too many goals, it's time to do some housekeeping and remove some goals from your to-do list.

Jan 13, 2024 9:37:32pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/DSM-5-TR-Insanely-Simplified-Unlocking-Spectrums/dp/1685030440/ref=mp\\_s\\_a\\_1\\_1?crid=3KYM1H98SE3Q8&dib=eyJ2ljojMSJ9.gLbUIIE0S1k-aGYmO\\_HoblGWvhY7FWmuFWtAth1wQYS5q2DDdgcXNV\\_xqy20uld.0S3aCK2mJTsKZ16dHBDtRMFXu1zRgGN4j02d4\\_xRH6U&dib\\_tag=se&keywords=dsm-5-tr+insanely+simplified&qid=1705173978&srefix=dsm+insanely+simplified%2Caps%2C174&sr=8-1](https://www.amazon.co.uk/DSM-5-TR-Insanely-Simplified-Unlocking-Spectrums/dp/1685030440/ref=mp_s_a_1_1?crid=3KYM1H98SE3Q8&dib=eyJ2ljojMSJ9.gLbUIIE0S1k-aGYmO_HoblGWvhY7FWmuFWtAth1wQYS5q2DDdgcXNV_xqy20uld.0S3aCK2mJTsKZ16dHBDtRMFXu1zRgGN4j02d4_xRH6U&dib_tag=se&keywords=dsm-5-tr+insanely+simplified&qid=1705173978&srefix=dsm+insanely+simplified%2Caps%2C174&sr=8-1)

Updated Jan 13, 2024 9:26:34pm

Jan 13, 2024 9:26:34pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Psychoanalytic-Psychotherapy-Practitioners-Nancy-McWilliams/dp/1593850093/ref=mp\\_s\\_a\\_1\\_2?crid=1VU0JWLOTZJIP&dib=eyJ2ljojMSJ9.16bf38bFDKJit\\_8qRCq0eTZJIYoZH2XadQAcghPv0jGbFjvDRk7Zf9DQIKVcnCeEv8lrXHxKTt1yoCoiks0GbGZVpcynfo2jpsZ8g0xYaXh\\_L8jbWY5tWLVljg06kp0eh-t-tgoUbcRA3ueCrBZSw.7ZdjrQNunaOTqAlcquyZ2CptQDCWbwJmCGe1qhT59FQ&dib\\_tag=se&keywords=psychodynamic+psychotherapy+a+practitioner%27s+guide&qid=1705173924&srefix=psychodynamic+psychotherapy+a+practitioner%27s+guide%2Caps%2C188&sr=8-2](https://www.amazon.co.uk/Psychoanalytic-Psychotherapy-Practitioners-Nancy-McWilliams/dp/1593850093/ref=mp_s_a_1_2?crid=1VU0JWLOTZJIP&dib=eyJ2ljojMSJ9.16bf38bFDKJit_8qRCq0eTZJIYoZH2XadQAcghPv0jGbFjvDRk7Zf9DQIKVcnCeEv8lrXHxKTt1yoCoiks0GbGZVpcynfo2jpsZ8g0xYaXh_L8jbWY5tWLVljg06kp0eh-t-tgoUbcRA3ueCrBZSw.7ZdjrQNunaOTqAlcquyZ2CptQDCWbwJmCGe1qhT59FQ&dib_tag=se&keywords=psychodynamic+psychotherapy+a+practitioner%27s+guide&qid=1705173924&srefix=psychodynamic+psychotherapy+a+practitioner%27s+guide%2Caps%2C188&sr=8-2)

Updated Jan 13, 2024 9:25:42pm

Jan 13, 2024 9:25:42pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Handbook-Personality-Disorders-Research-Treatment/dp/1462545920/ref=mp\\_s\\_a\\_1\\_3?crid=SXP8G5EI0W6&dib=eyJ2ljojMSJ9.OYZEJpjoEpmiH3uVm8hSCWwabBiGBh8FnLVrjFrdG7Ht0Kto0UFESii1RWgr3jk8FOv0dCjSfmybyfb8va1wuoiAUHwL04Y9C4knqVZQbG801Y-pqLRPHXFPV7ry9pS9zPqmmKeJ7cNqkBIQHhuQ.1bWYquVTg5B9a12UqLV6xxnO2cTFtQ8S2y\\_aAQqUU6s&dib\\_tag=se&keywords=essentials+of+personality+disorders&qid=1705173799&srefix=essentials+of+personality+disorders%2Caps%2C150&sr=8-3](https://www.amazon.co.uk/Handbook-Personality-Disorders-Research-Treatment/dp/1462545920/ref=mp_s_a_1_3?crid=SXP8G5EI0W6&dib=eyJ2ljojMSJ9.OYZEJpjoEpmiH3uVm8hSCWwabBiGBh8FnLVrjFrdG7Ht0Kto0UFESii1RWgr3jk8FOv0dCjSfmybyfb8va1wuoiAUHwL04Y9C4knqVZQbG801Y-pqLRPHXFPV7ry9pS9zPqmmKeJ7cNqkBIQHhuQ.1bWYquVTg5B9a12UqLV6xxnO2cTFtQ8S2y_aAQqUU6s&dib_tag=se&keywords=essentials+of+personality+disorders&qid=1705173799&srefix=essentials+of+personality+disorders%2Caps%2C150&sr=8-3)

Updated Jan 13, 2024 9:23:41pm

Jan 13, 2024 9:23:41pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/DBT-Made-Simple-Step-Step/dp/1608821641/ref=mp\\_s\\_a\\_1\\_1?crid=35T5S12XMO7QQ&dib=eyJ2ljojMSJ9.CrlifdqtQFky0xyLdC83IIDPZiZm3Impm85U1Gc2WSq7\\_XD3SOeTCVoca0\\_I0zUlnOo8ILGFihORmoaN7Jlaf7TvFvtgNSZcINfpkAKK3wF9C1fqR9AGtmeUveLnZKIL81G6tvTySOt-Ofa\\_2PkZWw.cAY9tsOHN9gbD9wBbnJ8zgwEK5xzS33EylQk28vW0gw&dib\\_tag=se&keywords=dbt+made+simple&qid=1705173660&srefix=dbt+made+simple%2Caps%2C168&sr=8-1](https://www.amazon.co.uk/DBT-Made-Simple-Step-Step/dp/1608821641/ref=mp_s_a_1_1?crid=35T5S12XMO7QQ&dib=eyJ2ljojMSJ9.CrlifdqtQFky0xyLdC83IIDPZiZm3Impm85U1Gc2WSq7_XD3SOeTCVoca0_I0zUlnOo8ILGFihORmoaN7Jlaf7TvFvtgNSZcINfpkAKK3wF9C1fqR9AGtmeUveLnZKIL81G6tvTySOt-Ofa_2PkZWw.cAY9tsOHN9gbD9wBbnJ8zgwEK5xzS33EylQk28vW0gw&dib_tag=se&keywords=dbt+made+simple&qid=1705173660&srefix=dbt+made+simple%2Caps%2C168&sr=8-1)

Updated Jan 13, 2024 9:21:35pm

Jan 13, 2024 9:21:35pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/CBT-Made-Simple-Clinicians-Practicing/dp/1684034558/ref=mp\\_s\\_a\\_1\\_1?crid=2OYD9IIGVJR7J&dib=eyJ2ljojMSJ9.7ILLHYX89mcnfgl7kUfqd-5NsNJ\\_MsyqMryEoLkPOFxoJamFbIX9s3nC0C81S2HrW-YlpaMdpRt8JTBzWke6iE-uV7etbuupV8m-CSGUjcbPfnu2BdCMulJzx1aSLm22GOgt\\_qKgn2n4SR8NsDIOA.7RQqAVg3eA0Tdh6S2uWmY4Bv2zT8VQPekCRnf61LC](https://www.amazon.co.uk/CBT-Made-Simple-Clinicians-Practicing/dp/1684034558/ref=mp_s_a_1_1?crid=2OYD9IIGVJR7J&dib=eyJ2ljojMSJ9.7ILLHYX89mcnfgl7kUfqd-5NsNJ_MsyqMryEoLkPOFxoJamFbIX9s3nC0C81S2HrW-YlpaMdpRt8JTBzWke6iE-uV7etbuupV8m-CSGUjcbPfnu2BdCMulJzx1aSLm22GOgt_qKgn2n4SR8NsDIOA.7RQqAVg3eA0Tdh6S2uWmY4Bv2zT8VQPekCRnf61LC)

TI&dib\_tag=se&keywords=cbt+made+simple&qid=1705173624&sprefix=cbt+made+simple%2Caps%2C161&sr=8-1

Updated Jan 13, 2024 9:20:41pm

Jan 13, 2024 9:20:41pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Essential-Psychiatry-Robin-M-Murray/dp/0521604087/ref=mp\\_s\\_a\\_1\\_1?crid=2B8I6S0H06WW3&dib=eyJ2ljojMSJ9.v0BPDPGtaXEr2qo6ffq0oqKKqMfsnF\\_Q6lBfTMP4hNnONrib56JmriWiLh3AelON5hNku16gwUQMJPmaD79GXoZ3xE0iPQ3QS5Vf7PtlcVJMPay5CcWsWslUzWca8YaeKWwhx9p8i7TU87gIGMsUw\\_A.lDjOT-N0Efl37BLPYM8j\\_0JIZcyEhUiZO4KIAeHOplw&dib\\_tag=se&keywords=essential+psychiatry&qid=1705173344&sprefix=essential+psychiatry%2Caps%2C192&sr=8-1](https://www.amazon.co.uk/Essential-Psychiatry-Robin-M-Murray/dp/0521604087/ref=mp_s_a_1_1?crid=2B8I6S0H06WW3&dib=eyJ2ljojMSJ9.v0BPDPGtaXEr2qo6ffq0oqKKqMfsnF_Q6lBfTMP4hNnONrib56JmriWiLh3AelON5hNku16gwUQMJPmaD79GXoZ3xE0iPQ3QS5Vf7PtlcVJMPay5CcWsWslUzWca8YaeKWwhx9p8i7TU87gIGMsUw_A.lDjOT-N0Efl37BLPYM8j_0JIZcyEhUiZO4KIAeHOplw&dib_tag=se&keywords=essential+psychiatry&qid=1705173344&sprefix=essential+psychiatry%2Caps%2C192&sr=8-1)

Updated Jan 13, 2024 9:18:31pm

Jan 13, 2024 9:18:31pm

Recent recommendations for maintenance treatment include 1 to 2 years for first-episode patients, with close follow-up, and up to 5 years or indefinite treatment for patients with multiple episodes or two episodes in 5 years (Canadian Psychiatric Association, 1998; Lehman et al., 2004; Miyamoto et al., 2003; Royal Australian and New Zealand College of Psychiatrists, 2005).

Similar guidelines hold true for anti-depressants therapy.

Those that don't stop medication in recovered patients, they are killing them, why?

Jan 13, 2024 9:18:00pm

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[https://www.amazon.co.uk/Medical-Investigation-101-Interest-Medicine/dp/1736768107/ref=mp\\_s\\_a\\_1\\_1?crid=32E1YEOCTQVOW&dib=eyJ2ljojMSJ9.ecs8B95d4TwdLXL88F6ZAwqQ7bDOiAoKheYk8TM1qLaB7uEWkXKsuJm7ydRiYIs1qqqwscYn\\_p\\_iZ9pzJR58W--aWXQf8h5PmM8hE9iAULDV6i2\\_hzdXA9uTfJNOLuFwGyN0IWM5byAeF661X3gyg.B\\_qOWmtOmPrf-TJUtkTyDsmM3XkylbjdHpHlvhKBpp8&dib\\_tag=se&keywords=101+medical+investigation&qid=1705172890&sprefix=101+medical+investigation%2Caps%2C160&sr=8-1](https://www.amazon.co.uk/Medical-Investigation-101-Interest-Medicine/dp/1736768107/ref=mp_s_a_1_1?crid=32E1YEOCTQVOW&dib=eyJ2ljojMSJ9.ecs8B95d4TwdLXL88F6ZAwqQ7bDOiAoKheYk8TM1qLaB7uEWkXKsuJm7ydRiYIs1qqqwscYn_p_iZ9pzJR58W--aWXQf8h5PmM8hE9iAULDV6i2_hzdXA9uTfJNOLuFwGyN0IWM5byAeF661X3gyg.B_qOWmtOmPrf-TJUtkTyDsmM3XkylbjdHpHlvhKBpp8&dib_tag=se&keywords=101+medical+investigation&qid=1705172890&sprefix=101+medical+investigation%2Caps%2C160&sr=8-1)

Updated Jan 13, 2024 9:08:27pm

Jan 13, 2024 9:08:27pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Medical-Symptoms-Visual-Identify-Problems/dp/0744051657/ref=mp\\_s\\_a\\_1\\_2?crid=596OH45UH5NT&dib=eyJ2ljojMSJ9.mZ0N9gnUUWxvCoD8hjePKWZPYn3BWOMcf9BKPyrdVlCjV5zS3uPcmb1j2lDug86vL5v2OPAmX6gJ5\\_pWYy-UZ7GltjPKgJ1q7btZF\\_gVDGh3rNbMpnwPbetFHsba1ecf7-IXc-HZP7ih0hg0Lmeg.PEriiGaEdjlsdW5kvZYj0beu02O537IKXcTLRLejsLQ&dib\\_tag=se&keywords=dk+medical+symptoms&qid=1705172768&sprefix=dk+medical+symptoms%2Caps%2C208&sr=8-2](https://www.amazon.co.uk/Medical-Symptoms-Visual-Identify-Problems/dp/0744051657/ref=mp_s_a_1_2?crid=596OH45UH5NT&dib=eyJ2ljojMSJ9.mZ0N9gnUUWxvCoD8hjePKWZPYn3BWOMcf9BKPyrdVlCjV5zS3uPcmb1j2lDug86vL5v2OPAmX6gJ5_pWYy-UZ7GltjPKgJ1q7btZF_gVDGh3rNbMpnwPbetFHsba1ecf7-IXc-HZP7ih0hg0Lmeg.PEriiGaEdjlsdW5kvZYj0beu02O537IKXcTLRLejsLQ&dib_tag=se&keywords=dk+medical+symptoms&qid=1705172768&sprefix=dk+medical+symptoms%2Caps%2C208&sr=8-2)

Updated Jan 13, 2024 9:07:29pm

Jan 13, 2024 9:07:29pm

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[https://www.amazon.co.uk/Encyclopedia-Herbal-Medicine-Remedies-Ailments/dp/0241229448/ref=mp\\_s\\_a\\_1\\_1?crid=1LQTIINVTI4TZ&dib=eyJ2ljojMSJ9.vOWRceJ0H-p2bLsD9xolWpKta4j4tPpbeNh06G0L0zJWHcL8UxmCeI5DxOy49mDeZMSdYLYQRBvtQNeYHVkk1VGGrnfHdF941tq0BrSu7bN9pUMI8Xk67E0A7UoZ5NMjtHU6Z9ZZxBjbRaQVHy3h7qw.TX\\_u\\_yBQAaLSrZ6yaWdFkpKE5h-0vbbwsMZjtuYGn5Q&dib\\_tag=se&keywords=dk+encyclopedia+of+herbal+medicine&qid=1705172704&sprex=dk+medi%2Caps%2C218&sr=8-1](https://www.amazon.co.uk/Encyclopedia-Herbal-Medicine-Remedies-Ailments/dp/0241229448/ref=mp_s_a_1_1?crid=1LQTIINVTI4TZ&dib=eyJ2ljojMSJ9.vOWRceJ0H-p2bLsD9xolWpKta4j4tPpbeNh06G0L0zJWHcL8UxmCeI5DxOy49mDeZMSdYLYQRBvtQNeYHVkk1VGGrnfHdF941tq0BrSu7bN9pUMI8Xk67E0A7UoZ5NMjtHU6Z9ZZxBjbRaQVHy3h7qw.TX_u_yBQAaLSrZ6yaWdFkpKE5h-0vbbwsMZjtuYGn5Q&dib_tag=se&keywords=dk+encyclopedia+of+herbal+medicine&qid=1705172704&sprex=dk+medi%2Caps%2C218&sr=8-1)

Updated Jan 13, 2024 9:05:18pm

Jan 13, 2024 9:05:18pm

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[https://www.amazon.co.uk/Anatomy-Physiology-Made-Easy-Illustrated/dp/1952914167/ref=mp\\_s\\_a\\_1\\_1?crid=2RYAVLTXNBRAD&dib=eyJ2ljojMSJ9.e0ltH5qC6mRlb5PqBLYvyOkJKV0XdpOgjvd-\\_ZxbTKTdvk7oQIjHtVf\\_LZHlPQpOEjP2wVmB9HlqtaPyQzXntGI4\\_xZHmGKgeW9L9\\_0nZ-1Q6uBpMlvaXblwNPYyDvJk2wASMEOCGOS7ZDacoL536w.LMdYm-AgxlCUe1qCQtFFmT-9D4ql\\_O2pPbzuEKV6jV4&dib\\_tag=se&keywords=anatomy+and+physiology+made+easy&qid=1705172671&sprex=anatomy+and+physiology+made+easy%2Caps%2C184&sr=8-1](https://www.amazon.co.uk/Anatomy-Physiology-Made-Easy-Illustrated/dp/1952914167/ref=mp_s_a_1_1?crid=2RYAVLTXNBRAD&dib=eyJ2ljojMSJ9.e0ltH5qC6mRlb5PqBLYvyOkJKV0XdpOgjvd-_ZxbTKTdvk7oQIjHtVf_LZHlPQpOEjP2wVmB9HlqtaPyQzXntGI4_xZHmGKgeW9L9_0nZ-1Q6uBpMlvaXblwNPYyDvJk2wASMEOCGOS7ZDacoL536w.LMdYm-AgxlCUe1qCQtFFmT-9D4ql_O2pPbzuEKV6jV4&dib_tag=se&keywords=anatomy+and+physiology+made+easy&qid=1705172671&sprex=anatomy+and+physiology+made+easy%2Caps%2C184&sr=8-1)

Updated Jan 13, 2024 9:04:46pm

Jan 13, 2024 9:04:46pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.medpresso.Lonestar.cmdt>

Updated Jan 13, 2024 9:03:28pm

Jan 13, 2024 9:03:28pm

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[https://www.amazon.co.uk/Rapid-Psychiatry-2nd-Clare-Oakley/dp/1405195576/ref=mp\\_s\\_a\\_1\\_1?crid=2A68V7A0KWE8L&dib=eyJ2ljojMSJ9.gfp83NmJv2Eu2ISiYmJ9zvi1P6lfSCfS2E1XVat18k7WeNwJkzmFAGldHitGJKs3OJB\\_Xj11cf4sAfIET-P9QqhQIA0id7uZ-gbCEUNmrbEP04jAY8SoYvPrxFS32kxZEyT5CEM5vHM9RMBjWaEstg.vsm\\_CejRcmnOYFZjEVmbMChioj0GlwK4ZzR0gYHPeDw&dib\\_tag=se&keywords=rapid+psychiatry&qid=1705171664&sprex=rapid+psychiatry%2Caps%2C145&sr=8-1](https://www.amazon.co.uk/Rapid-Psychiatry-2nd-Clare-Oakley/dp/1405195576/ref=mp_s_a_1_1?crid=2A68V7A0KWE8L&dib=eyJ2ljojMSJ9.gfp83NmJv2Eu2ISiYmJ9zvi1P6lfSCfS2E1XVat18k7WeNwJkzmFAGldHitGJKs3OJB_Xj11cf4sAfIET-P9QqhQIA0id7uZ-gbCEUNmrbEP04jAY8SoYvPrxFS32kxZEyT5CEM5vHM9RMBjWaEstg.vsm_CejRcmnOYFZjEVmbMChioj0GlwK4ZzR0gYHPeDw&dib_tag=se&keywords=rapid+psychiatry&qid=1705171664&sprex=rapid+psychiatry%2Caps%2C145&sr=8-1)

Updated Jan 13, 2024 8:48:01pm

Jan 13, 2024 8:48:01pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Lecture-Notes-Psychiatry-Gautam-Gulati/dp/1118378202/ref=mp\\_s\\_a\\_1\\_1?crid=KSDBM5I2V3Y6&dib=eyJ2ljojMSJ9.9W69JI1RgzXdD0nJlMDvEx75uQ5xshrqoogRr14ao9hwjN55KPabTz37BX7tyebXg-fgKdKbbOLk6LKYzAWCGt9Za1fYJRswx15U9Yuj0FoEjHFllxkEyrBbCyFGJUgaYI3V\\_Hw5b9TiZCV2VYLZA.0RFBX5QjWcmqzQnnOKcUtC4nS8Rkdl\\_qWkYaTLfmU-E&dib\\_tag=se&keywords=lecture+notes+psychiatry&qid=1705171599&sprex=lecture+notes+psychiatry%2Caps%2C172&sr=8-1](https://www.amazon.co.uk/Lecture-Notes-Psychiatry-Gautam-Gulati/dp/1118378202/ref=mp_s_a_1_1?crid=KSDBM5I2V3Y6&dib=eyJ2ljojMSJ9.9W69JI1RgzXdD0nJlMDvEx75uQ5xshrqoogRr14ao9hwjN55KPabTz37BX7tyebXg-fgKdKbbOLk6LKYzAWCGt9Za1fYJRswx15U9Yuj0FoEjHFllxkEyrBbCyFGJUgaYI3V_Hw5b9TiZCV2VYLZA.0RFBX5QjWcmqzQnnOKcUtC4nS8Rkdl_qWkYaTLfmU-E&dib_tag=se&keywords=lecture+notes+psychiatry&qid=1705171599&sprex=lecture+notes+psychiatry%2Caps%2C172&sr=8-1)

Updated Jan 13, 2024 8:47:25pm

Jan 13, 2024 8:47:25pm

Solon Papageorgiou shared a link.

<https://youtube.com/@MemorablePsych?si=rohcer2cbNYBjRd8>

Updated Jan 13, 2024 8:45:46pm

Jan 13, 2024 8:45:46pm

Solon Papageorgiou shared a link.

<https://youtube.com/@PsychHub?si=f05Tudq-buj-st8o>

Updated Jan 13, 2024 8:45:00pm

Jan 13, 2024 8:45:00pm

That special science won't totally go away. Imagine someone that comes close to die, he may get sick mentally. Or he may face very serious health issues, he still may get sick mentally and be unable to cope by natural means. That's where that science will come into play and save the day for that person.

Jan 13, 2024 8:29:53pm

Solon Papageorgiou shared a post.

Updated Jan 13, 2024 7:52:20pm

Jan 13, 2024 7:52:20pm

Unfortunately, there are many reasons why some people may struggle to accept someone who embraces and accepts everyone. One significant factor is the presence of deep-rooted prejudices and biases in society. These prejudices can stem from a variety of sources including cultural, religious, and family influences, as well as personal experiences and knowledge.

Some individuals may feel uncomfortable or threatened by those who express acceptance and openness towards everyone because it challenges their own beliefs and worldview. This discomfort may lead them to reject or ostracize individuals who do not fit within their established norms.

Fear and ignorance also play a significant role in people's reluctance to accept those who advocate for acceptance. Fear of the unknown, fear of change, and fear of losing one's own identity or position in society can lead individuals to reject those who embrace diversity and acceptance.

Additionally, societal norms and expectations often dictate how people behave and interact with others. Individuals who deviate from these norms and expectations by openly accepting everyone may be met with resistance or rejection from those who are invested in maintaining the status quo.

Religious and ideological differences can also lead to a lack of acceptance. People may adhere to strict interpretations of religious or ideological teachings that conflict with the idea of accepting everyone, leading to judgment and rejection of those who do not align with their beliefs.

In some cases, people may feel threatened by those who wholeheartedly accept everyone because it challenges their own insecurities and vulnerabilities. Seeing others embrace diverse perspectives and individuals can shine a light on their own biases and shortcomings, leading to defensiveness and resistance.

Finally, there are times when individuals may simply not have had the opportunity to learn, understand, or experience the value of acceptance. Lack of exposure to diversity and different perspectives can lead to narrow-mindedness and an unwillingness to embrace those who are different.

It is important to recognize that these factors are not insurmountable barriers to acceptance. Through education, open dialogue, and fostering empathy, it is possible to challenge and change these attitudes. Encouraging open-mindedness, embracing diversity, and promoting empathy and understanding can help create a more inclusive and accepting society.

Ultimately, promoting acceptance and understanding of others requires ongoing effort and a willingness to challenge our own biases and preconceptions. By fostering an environment of openness and inclusion, we can work towards creating a world where everyone is accepted and valued for who they are.

Jan 13, 2024 7:50:27pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=T2bcUxUOUQg&si=n9leolmJWxh4ca3e>

Updated Jan 13, 2024 7:36:58pm

Jan 13, 2024 7:36:58pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=CmyT8wsJ\\_jc&si=Jiq2eUCqG6rW2bcW](https://youtube.com/watch?v=CmyT8wsJ_jc&si=Jiq2eUCqG6rW2bcW)

Updated Jan 13, 2024 7:32:29pm

Jan 13, 2024 7:32:29pm

**Solon Papageorgiou shared a post.**

Updated Jan 13, 2024 5:37:13pm

Jan 13, 2024 5:37:13pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=6PhcJP8uYf4&si=Wv6TLTjuuZSb3Hqk>

Updated Jan 13, 2024 5:35:42pm

Jan 13, 2024 5:35:42pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=4hWVK1chUPw&si=tPhKkxr1om8XOepG>

Updated Jan 13, 2024 5:32:44pm

Jan 13, 2024 5:32:44pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=f8WTjw0yaA4&si=VcVIGWA8QYJ\\_NYxV](https://youtube.com/watch?v=f8WTjw0yaA4&si=VcVIGWA8QYJ_NYxV)

Updated Jan 13, 2024 5:31:09pm

Jan 13, 2024 5:31:09pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=VP2Otane91I&si=EW2zkb321p4o-h7X>

Updated Jan 13, 2024 5:24:32pm

Jan 13, 2024 5:24:32pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B0BLGK449D?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B0BLGK449D?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 13, 2024 5:20:25pm

Jan 13, 2024 5:20:25pm

If you pay for a subscription to your favorite provider of mobile telephony, you also get for 'free' a smartphone.

Also, a subscription is much cheaper than pay-as-you-go mobile telephony if you heavily use mobile Internet, make lots of calls and send a lot of SMSes.

You also may consider a tablet that supports SIMs.

Get a Dual SIM smartphone or tablet, so that you can use one SIM for work and the other SIM for home.

So, you will be able to use two mobile phone numbers from the same device.

Jan 13, 2024 5:19:34pm

**Solon Papageorgiou shared a link.**

<https://storynory.com/>

<https://storynory.com/>

Updated Jan 13, 2024 5:12:51pm

Jan 13, 2024 5:12:51pm

**Solon Papageorgiou shared a link.**

<https://m.mena.adidas.com/storefinder#legendview>

Updated Jan 13, 2024 5:03:11pm

Jan 13, 2024 5:03:11pm

**Solon Papageorgiou shared a link.**

<https://www.asos.com/>

Updated Jan 13, 2024 5:00:39pm

Jan 13, 2024 5:00:39pm

Solon Papageorgiou shared a link.

[https://www.amazon.co.uk/Manicure-Professional-Pedicure-Nail-Clippers/dp/B08CKDFXQ5/ref=mp\\_s\\_a\\_1\\_3?crd=VHAKX9IMTNEB&dib=eyJ2ljojMSJ9.c81fjVO-54ReOdDsBcNYFTyK8vIOCYSYcs9wvPpW7-XTz2Z-GWDBEYIKwtHuipqHPCJZVSAH\\_m4XLUyNOutqCD2EWuCOoPSttw6TaM\\_CEKiP879Xga2a39V1ILJx3VJcWsUsPywP2nc9sCe2P\\_az2w.exRt5AiHO9iS52jApwMIYC64Do5Np57zgg4ZQQtQMh-Q&dib\\_tag=se&keywords=manicure+%26+pedicure+tools+%26+accessories&qid=1705157820&prefix=makicure+%2Caps%2C346&sr=8-3](https://www.amazon.co.uk/Manicure-Professional-Pedicure-Nail-Clippers/dp/B08CKDFXQ5/ref=mp_s_a_1_3?crd=VHAKX9IMTNEB&dib=eyJ2ljojMSJ9.c81fjVO-54ReOdDsBcNYFTyK8vIOCYSYcs9wvPpW7-XTz2Z-GWDBEYIKwtHuipqHPCJZVSAH_m4XLUyNOutqCD2EWuCOoPSttw6TaM_CEKiP879Xga2a39V1ILJx3VJcWsUsPywP2nc9sCe2P_az2w.exRt5AiHO9iS52jApwMIYC64Do5Np57zgg4ZQQtQMh-Q&dib_tag=se&keywords=manicure+%26+pedicure+tools+%26+accessories&qid=1705157820&prefix=makicure+%2Caps%2C346&sr=8-3)

Updated Jan 13, 2024 4:57:34pm

Jan 13, 2024 4:57:34pm

Solon Papageorgiou shared a link.

[https://www.amazon.co.uk/Electric-Toothbrushes-Adults-8-Charge-Toothbrush-40000/dp/B0CCS99ZY5/ref=mp\\_s\\_a\\_1\\_1\\_sspa?crd=1YOUES3LEB93A&dib=eyJ2ljojMSJ9.aqdQPzrzqBxdVX9fxypl3INJ9-USQ-rLifrafSWgrEzBBJ-ZeXkygHcTsa5a48o6YTXUNgPOR-MwlvuiDhKGz42f68dvORMOz3r38SdO9NCpqSFK49rz7F3Rz48TmTbyQt7KyClrPOT1mn9F8Bn2qg.ybASH2JfURmfAzVtz uqhgfdDfC0i2TqxO\\_Vz9og4yo&dib\\_tag=se&keywords=electric+toothbrush&qid=1705157784&sprefix=electronic+toothbrush%2Caps%2C254&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1](https://www.amazon.co.uk/Electric-Toothbrushes-Adults-8-Charge-Toothbrush-40000/dp/B0CCS99ZY5/ref=mp_s_a_1_1_sspa?crd=1YOUES3LEB93A&dib=eyJ2ljojMSJ9.aqdQPzrzqBxdVX9fxypl3INJ9-USQ-rLifrafSWgrEzBBJ-ZeXkygHcTsa5a48o6YTXUNgPOR-MwlvuiDhKGz42f68dvORMOz3r38SdO9NCpqSFK49rz7F3Rz48TmTbyQt7KyClrPOT1mn9F8Bn2qg.ybASH2JfURmfAzVtz uqhgfdDfC0i2TqxO_Vz9og4yo&dib_tag=se&keywords=electric+toothbrush&qid=1705157784&sprefix=electronic+toothbrush%2Caps%2C254&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1)

Updated Jan 13, 2024 4:56:48pm

Jan 13, 2024 4:56:48pm

Solon Papageorgiou shared a link.

[https://www.amazon.co.uk/BarberBoss-Grooming-Precision-Rechargeable-Waterproof/dp/B0CG2D567P/ref=mp\\_s\\_a\\_1\\_2\\_sspa?crd=1W9M190HNLp&dib=eyJ2ljojMSJ9.O814LU78oHgruzOTQjTxgo\\_OCmQhEzZ\\_7xASakz-XjYJBd-TL7-tFH3nKPYHHGqJ\\_wuyrLhTc9KgaTkLabE\\_YyWTIdEK8h7i5aVrGEUDRBZrLi31E-D1Gi2W2AS\\_cl\\_dhFWgLLoKJ6\\_B5qZmlEzxdw.Vx69JSliEq1JjqdCZZhZxByPx8VXApcCbjDXS8reio&dib\\_tag=se&keywords=haircut+machine&qid=1705157733&sprefix=haircut+machine%2Caps%2C192&sr=8-2-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1](https://www.amazon.co.uk/BarberBoss-Grooming-Precision-Rechargeable-Waterproof/dp/B0CG2D567P/ref=mp_s_a_1_2_sspa?crd=1W9M190HNLp&dib=eyJ2ljojMSJ9.O814LU78oHgruzOTQjTxgo_OCmQhEzZ_7xASakz-XjYJBd-TL7-tFH3nKPYHHGqJ_wuyrLhTc9KgaTkLabE_YyWTIdEK8h7i5aVrGEUDRBZrLi31E-D1Gi2W2AS_cl_dhFWgLLoKJ6_B5qZmlEzxdw.Vx69JSliEq1JjqdCZZhZxByPx8VXApcCbjDXS8reio&dib_tag=se&keywords=haircut+machine&qid=1705157733&sprefix=haircut+machine%2Caps%2C192&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1)

Updated Jan 13, 2024 4:56:11pm

Jan 13, 2024 4:56:11pm

Solon Papageorgiou shared a link.

[https://www.mindvalley.com/superbrain/sales?utm\\_source=google-paid&utm\\_medium=ocpm&otag=%5Bgg-ads%5D-%5BvsI%5D-%5B20933413586%5D-%5B%5D-%5B%5D-%5Bsb%5D&gclid=Cj0KCQiAhomtBhDgARIsABcaYylavVyELYY1IfbVpEG0inraXxX7PrFhmHCmKXyvgn0SySK5Q3cqK5QaAjvFEALw\\_wcB](https://www.mindvalley.com/superbrain/sales?utm_source=google-paid&utm_medium=ocpm&otag=%5Bgg-ads%5D-%5BvsI%5D-%5B20933413586%5D-%5B%5D-%5B%5D-%5Bsb%5D&gclid=Cj0KCQiAhomtBhDgARIsABcaYylavVyELYY1IfbVpEG0inraXxX7PrFhmHCmKXyvgn0SySK5Q3cqK5QaAjvFEALw_wcB)

Updated Jan 13, 2024 4:52:32pm

Jan 13, 2024 4:52:32pm

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=r1hqSOPIAVo&si=FmAaCqQzSy1hx54->

Updated Jan 13, 2024 4:48:24pm

Jan 13, 2024 4:48:24pm



**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=a3hOeU7w59o&si=jSk6L93S\\_ZVdB-Vm](https://youtube.com/watch?v=a3hOeU7w59o&si=jSk6L93S_ZVdB-Vm)

Updated Jan 13, 2024 4:43:44pm

Jan 13, 2024 4:43:44pm

**Solon Papageorgiou shared a link.**

<https://www.videolan.org/vlc/>

Updated Jan 13, 2024 4:39:16pm

Jan 13, 2024 4:39:16pm

**Solon Papageorgiou shared a link.**

<https://www.audacityteam.org/>

Updated Jan 13, 2024 4:38:20pm

Jan 13, 2024 4:38:20pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_gTsBdYntp4&si=DyQ3qJYU2x53F4pa](https://youtube.com/watch?v=_gTsBdYntp4&si=DyQ3qJYU2x53F4pa)

Updated Jan 13, 2024 4:36:40pm

Jan 13, 2024 4:36:40pm

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/photography-masterclass-complete-guide-to-photography/>

Updated Jan 13, 2024 4:35:16pm

Jan 13, 2024 4:35:16pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=wZf41UudAbl&si=5y5aPcKQZ-RQF4Kw>

Updated Jan 13, 2024 4:29:11pm

Jan 13, 2024 4:29:11pm

Good luck in the search of your soul mate!

Jan 13, 2024 4:28:32pm

And of course put a photo of your face on your profile.

Both photos, the face and the body photos must be recent.

Jan 13, 2024 4:28:10pm

Timeline photos

Place: [Ενορία Αποστόλου Ανδρέα, Πλατύ](#) (35.14852861475, 33.390272855759)

Address: 2115 Nicosia

Jan 13, 2024 4:21:19pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=oJLNCTdJKu4&si=dphTXWa3CeRWXjH3>

Updated Jan 13, 2024 4:15:50pm

Jan 13, 2024 4:15:50pm

And put a short description of yourself, including academic and other achievements and of your character on your profile.

Jan 13, 2024 4:13:57pm

In your profile, put a photo that showcases all of your body, not naked of course.

Jan 13, 2024 4:12:12pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Y4D7rT4WLHE&si=ik\\_mcMQuv20dlrgE](https://youtube.com/watch?v=Y4D7rT4WLHE&si=ik_mcMQuv20dlrgE)

Updated Jan 13, 2024 4:00:16pm

Jan 13, 2024 4:00:16pm

To walk over hugest distances, be sure to wear a hat and have a snack with you and water. Take frequent breaks. Be sure that you ate well in the morning.

Jan 13, 2024 3:22:33pm

**Solon Papageorgiou shared a link.**

<https://wwitv.com/>

Updated Jan 13, 2024 2:52:27pm

Jan 13, 2024 2:52:27pm

**Solon Papageorgiou shared a link.**

<https://www.lakatamia.tv/>

Updated Jan 13, 2024 2:49:30pm

## Most Common Male Names in Cyprus

Georgios (24867)  
Christos (9927)  
Ioannis (8020)  
Michael (5828)  
Petros (4946)  
Stavros (4800)  
George (3701)  
Theodoros (2727)  
Nicolas (2466)  
Elias (2401)  
Alexandros (1721)  
Antonios (1704)  
Eleftherios (1430)  
Evangelos (1409)  
Panagiotis (1371)  
John (1192)  
Artemis (1153)  
Nikos (1145)  
David (1061)  
Stylianos (1012)  
Thomas (941)  
Socrates (869)  
Nikolas (693)  
Marcos (689)  
Kostas (624)  
Konstantinos (591)  
Peter (585)  
Zenon (578)  
Apostolos (538)  
Dimitris (506)  
Louis (501)  
Vasilis (473)  
Iosif (443)  
Anastasios (432)  
Joseph (408)  
Charalampos (406)  
Robert (405)  
Adonis (387)  
Andros (387)  
Paul (365)  
Nikolaos (327)  
Alan (325)  
William (312)  
Brian (295)  
Christopher (293)  
Anthony (279)  
Andrew (277)  
James (262)  
Chris (255)  
Athanasios (251)  
Alex (243)  
Richard (234)  
Markos (228)  
Daniel (220)  
Ian (210)  
Stephen (204)  
Dimitrios (193)

Victor (183)  
Alexander (179)  
Nicholas (170)  
Derek (165)  
Keith (161)  
Mark (156)  
Terence (155)  
Michail (154)  
Philip (149)  
Raymond (148)  
Edward (146)  
Colin (142)  
Graham (137)  
Ali (135)  
Roger (132)  
Martin (129)  
Vladimir (127)  
Ronald (116)  
Kenneth (116)  
Barry (114)  
Simon (111)  
Andry (108)  
Stefan (108)  
Victoras (96)  
Oleg (94)  
Steven (93)  
Tony (93)  
Geoffrey (92)  
Ilias (90)  
Loris (88)  
Andrei (86)  
Charles (86)  
Frederick (85)  
Donald (84)  
Antony (84)  
Diomedes (83)  
Stuart (83)  
Byron (81)  
Eric (81)  
Bruce (81)  
Mario (80)  
Spyridon (80)  
Arthur (79)  
Harry (78)  
Michel (78)  
Vasileios (76)  
Roy (75)  
Sergey (75)  
Kevin (74)  
Andrey (72)  
Gordon (72)  
Mohamed (71)  
Haris (67)  
Trevor (67)  
Walter (67)  
Emmanuel (64)  
Ivan (63)  
Gary (61)  
Reginald (60)  
Malcolm (56)  
Igor (55)  
Adam (54)

Adrian (53)  
Ahmet (52)  
Patrick (51)  
Alfred (51)  
Frank (50)  
Nikolay (50)  
Alexandre (50)  
Henry (50)  
Samuel (49)  
Nick (49)  
Nathanael (49)  
Albert (49)  
Gregory (48)  
Sotirios (47)  
Marti (46)  
Linos (46)  
Clive (46)  
Douglas (45)  
Ahmad (45)  
Christian (45)  
Mohammad (45)  
Ruslan (45)  
Pavel (43)  
Ahmed (43)  
Napoleon (43)  
Konstantin (42)  
Mustafa (42)  
Terry (42)  
Gabriel (42)  
Ralph (41)  
Stanley (40)  
Georgi (40)  
Barrie (40)  
Norman (40)  
Mehmet (40)  
Vladislav (39)  
Bernard (39)  
Hans (38)  
Rafael (37)  
Nestor (36)  
Jason (36)  
Theo (36)  
Alexei (35)  
Todor (35)  
Nigel (35)  
Papa (34)  
Donis (34)  
Jeffrey (33)  
Harold (33)  
Jack (33)  
Roman (33)  
Timothy (33)  
Desmond (33)  
Omer (33)  
Constantin (33)  
Anis (33)  
Emmanouil (32)  
Hakan (32)  
Hermes (32)  
Howard (32)  
Hugh (32)  
Anton (32)

Allan (31)  
Mike (31)  
Dimitri (31)  
Leon (29)  
Bryan (29)  
Kirill (29)  
Roberto (29)  
Isaac (29)  
Marius (29)  
Sam (28)  
Leonid (28)  
Emil (28)  
Christofer (28)  
Andre (28)  
Simeon (28)  
Alexey (27)  
Dmitry (27)  
Isaak (27)  
Ero (27)  
Duncan (27)  
Charlie (27)  
Samir (27)  
Maurice (27)  
Carl (27)  
Levon (27)  
Julian (26)  
Floris (26)  
Lawrence (26)  
Sasa (26)  
Ilya (25)  
Antonio (24)  
Jimmy (24)  
Khalid (24)  
Florin (24)  
Abdullah (24)  
Oliver (24)  
Ernest (24)  
Murat (23)  
Hani (23)  
Bebe (23)  
Artur (23)  
Allen (23)  
Mikhail (23)  
Adel (23)  
Kosta (23)  
Mohamad (23)  
Ismail (22)  
Efrem (22)  
Gerald (22)  
Walid (22)  
Hassan (22)  
Ion (22)  
Edwin (21)  
Ibrahim (21)  
Myron (21)  
Serafim (21)  
Yvon (21)  
Serguei (21)  
Sean (21)  
Ben (21)  
Georges (20)  
Yusuf (20)

Theodore (20)  
Mihail (20)  
Aristoteles (20)  
Boris (19)  
Johnny (19)  
Antoine (19)  
Fadi (19)  
Pan (19)  
Rudolf (19)  
Mohammed (19)  
Rob (18)  
Rodney (18)  
Reza (18)  
Matthew (18)  
Josef (18)  
Tom (18)  
Jeremy (18)  
Zeljko (18)  
Dino (18)  
Wael (18)  
Taha (18)  
Salim (18)  
Aleks (17)  
Fred (17)  
Valentin (17)  
Jonathan (17)  
Max (17)  
Iouri (17)  
Dominic (17)  
Ayman (16)  
Dragan (16)  
Said (16)  
Aaron (16)  
Fouad (16)  
Marc (15)  
Marco (15)  
Bogdan (15)  
Kris (15)  
Serge (15)  
Anatoli (15)  
Sampson (15)  
Angelo (15)  
Valeriy (15)  
Leonard (15)  
Milen (15)  
Armen (15)  
Jim (14)  
Ron (14)  
Harald (14)  
Teo (14)  
Sorin (14)  
Nabil (14)  
Abdul (14)  
Amin (14)  
Shaun (14)  
Ghassan (14)  
Aram (14)  
Aleksandar (14)  
Samy (14)  
Petar (14)  
Nenad (14)  
Sameer (14)

Sergiy (14)  
Abraham (14)  
Smith (14)  
Manfred (13)  
Ciprian (13)  
Eddie (13)  
Vyacheslav (13)  
Stanislav (13)  
Erich (13)  
Ralf (13)  
Darko (13)  
Patryk (13)  
Kurt (13)  
Gaston (13)  
Clifford (13)  
Cyril (13)  
Russell (13)  
Khaled (12)  
Aleksandr (12)  
Mervyn (12)  
Milos (12)  
Felix (12)  
Jorge (12)  
Tommy (12)  
Joe (12)  
Hussein (12)  
Viktor (12)  
Garry (12)  
Solomon (12)  
Edik (12)  
Per (11)  
Micheal (11)  
Sunny (11)  
Jay (11)  
Kamal (11)  
Yuriy (11)  
Hasan (11)  
Maxim (11)  
Huseyin (11)  
Jan (11)  
Vasile (11)  
Vlad (11)  
Mahmoud (11)  
Zsolt (11)  
Grigori (11)

Jan 13, 2024 2:43:05pm

Physically untouched women produce more pheromones.

Jan 13, 2024 2:36:16pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=eeJZj\\_FEm\\_s](https://youtube.com/watch?v=eeJZj_FEm_s)

Updated Jan 13, 2024 2:29:58pm

Jan 13, 2024 2:29:58pm



**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=OxOb5zTC6MA>

Updated Jan 13, 2024 2:28:29pm

Jan 13, 2024 2:28:29pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=qTbLGScJBks&si=PPd\\_zLEvyGBn7r8o](https://youtube.com/watch?v=qTbLGScJBks&si=PPd_zLEvyGBn7r8o)

Updated Jan 13, 2024 2:05:51pm

Jan 13, 2024 2:05:51pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_F\\_JliFWKvY](https://youtube.com/watch?v=_F_JliFWKvY)

Updated Jan 13, 2024 1:40:54pm

Jan 13, 2024 1:40:54pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=m\\_-tto2yprU](https://youtube.com/watch?v=m_-tto2yprU)

Updated Jan 13, 2024 1:39:09pm

Jan 13, 2024 1:39:09pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=DxHCOygRIDg>

Updated Jan 13, 2024 1:37:22pm

Jan 13, 2024 1:37:22pm

We may use our gas in Cyprus when the climate returns to normal?

Jan 13, 2024 1:35:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=lreBQmwntyM>

Updated Jan 13, 2024 1:32:48pm

Jan 13, 2024 1:32:48pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 13, 2024 1:20:51pm

Jan 13, 2024 1:20:51pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Gla5AzIHnS4&si=1PjpSHP3VO0xGxx7>

Updated Jan 13, 2024 12:39:54pm

Jan 13, 2024 12:39:54pm

Be aware of strong pain medication, such as morphine! It's extremely addictive and it comes with strong side effects and suffering.

Although helpful, think twice and decide for yourself.

For some cases, it may be needed.

Heroin too.

Amphetamines are useful for ADHD.

Cocaine is useful for some types of surgery. It's a local anesthetic.

Jan 13, 2024 12:34:25pm

You don't need to look bald. You can get a hair transplant. But does it look real?

Jan 13, 2024 12:29:31pm

A diet rich in vegetables protects your teeth from tooth decay.

Jan 13, 2024 12:25:36pm

A strong skin peel can make a 70 years old woman look 30, but it's risky.

Jan 13, 2024 12:17:39pm

You can even fix your teeth, at your cosmetic dental surgeon.

A tip, fake teeth do indeed look fake.

Jan 13, 2024 12:10:24pm

You can make yourself thinner through surgery and/or medicine. Again, there are risks and implications.

Jan 13, 2024 12:05:42pm

You don't need to have eye sight problems. You can try lasers surgery, but it comes with its own risks.

You can even permanently change the color of your eyes with implants. I don't know what the risks of doing so, are.

Jan 13, 2024 12:03:49pm

If you want to remove micro acne scars, try a low concentration acidic solutions daily for six months or more.

For deeper scans, you can try lasers, a TCA peel, fillers, scar rollers or microdermabrasions done by professionals, but again they come with their own issues.

If a scar is new, massage it with Bio-oil for several months, 10 minutes a day.

Jan 13, 2024 11:56:56am

If you want bigger boobs, try saline solutions, but they come with their own issues.

Jan 13, 2024 11:53:28am

If you want to become taller, there is surgery available in Russia and China that lengthens the bones of the legs, but it's risky, expensive and time consuming.

Jan 13, 2024 11:50:26am

**Solon Papageorgiou shared a link.**

<https://www.ifixit.com/>

Updated Jan 13, 2024 11:47:19am

Jan 13, 2024 11:47:19am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=BQX7Zuitt8E>

Updated Jan 13, 2024 11:45:48am

Jan 13, 2024 11:45:48am

If you buy canned fish, buy it with olive oil. If it has other kind of oil, remove it, don't drink it, or it will raise cholesterol levels.

Eat oats or drink oat milk for constipation.

Jan 13, 2024 11:29:55am

**Solon Papageorgiou shared a link.**

<https://w3schools.com/>

You can use IRC, connect to the libera.chat server and then there you go, a world of chatrooms opens where you can ask and answer questions on software development and other topics, such as law!

HexChat is a good and free IRC client (app).

Isn't that fun?

You can also ask answer questions on the ultimate forum on software development and IT:  
<https://stackoverflow.com/>!

And don't forget to read the documentation!

For beginners <https://w3schools.com/> is fine!  
Updated Jan 13, 2024 11:09:56am

Jan 13, 2024 11:06:39am

**Solon Papageorgiou shared a link.**

<http://udemy.com/>

For Web development  
one path is to learn HTML5,  
CCS3, TailwindCSS, JavaScript,  
TypeScript, VueJS, MySQL,  
Linux Administration,  
Docker  
with NGINX, CI/CD with  
Bitbucket pipelines,  
PHP and Laravel.

With Apache Cordova or  
Ionic and HTML5, CSS3,  
TailwindCSS and JavaScript or  
Typescript you can easily  
build mobile applications  
for Android and iOS.

[Udemy.com](https://udemy.com/) has  
Artificial Intelligence and  
Ethical Hacking video courses  
for just 15 Euros each.

The seven desires:  
Peace of mind, health,  
happy relationships, financial freedom,  
worthy goals and ideals,  
self-awareness, self-actualization.  
Updated Jan 13, 2024 11:05:05am

Jan 13, 2024 11:05:05am

**Solon Papageorgiou shared a link.**

<https://sqlpd.com/>

Resources and Tools to learn Software Development for the Web

Download XAMMP and VsCode for Windows or Linux or use a cloud IDE and download SublimeText for your text editing needs and you are ready to go!

Resources:

<https://cssgridgarden.com/>

<https://flexboxfroggy.com/>

<https://codingfantasy.com/>

<https://sqlbolt.com/>

<https://softwareproducts.eu/>

<https://solhsa.com/g3/>

[https://www.sqlzoo.net/wiki/SQL\\_Tutorial](https://www.sqlzoo.net/wiki/SQL_Tutorial)

<https://sql-island.informatik.uni-kl.de/>

<https://sqlpd.com/>

More Tools:

<https://webyog.com/product/sqlyog/>

<https://www.phpmyadmin.net/>

<https://dev.mysql.com/downloads/workbench/>

Have Fun!

Updated Jan 13, 2024 11:02:57am

Jan 13, 2024 11:02:57am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qFSbJZ9vnzs>

Updated Jan 13, 2024 10:16:03am

Jan 13, 2024 10:16:03am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qFSbJZ9vnzs>

Updated Jan 13, 2024 10:15:58am

Jan 13, 2024 10:15:58am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-NiyhRJDph0>

Updated Jan 13, 2024 10:12:55am

Jan 13, 2024 10:12:55am

**Solon Papageorgiou shared a post.**

Updated Jan 13, 2024 10:05:09am

Jan 13, 2024 10:05:09am

### Steps for Writing an Article Review

Step 1: Write the Title. First of all, you need to write a title that reflects the main focus of your work. ...

Step 2: Cite the Article. ...

Step 3: Article Identification. ...

Step 4: Introduction. ...

Step 5: Summarize the Article. ...

Step 6: Critique It. ...

Step 7: Craft a Conclusion.

Jan 13, 2024 10:02:51am

**Solon Papageorgiou shared a post.**

Updated Jan 13, 2024 9:42:35am

Jan 13, 2024 9:42:35am

**Solon Papageorgiou shared a post.**

Updated Jan 13, 2024 9:38:32am

Jan 13, 2024 9:38:32am

**Solon Papageorgiou shared a post.**

Updated Jan 13, 2024 9:31:54am

Jan 13, 2024 9:31:54am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=PMSdigVtBsE>

Updated Jan 13, 2024 9:14:08am

Jan 13, 2024 9:14:08am

Oftentimes, poor isolated cases don't have enough recourses to beat the system alone, whether these are time or money.

There is also a need for significant investment of effort that a single person simply can't afford to invest.

Jan 13, 2024 8:58:50am

Bureaucracy also makes it prohibitive to seek justice.

Jan 13, 2024 8:51:38am

Many laws are just here to protect the rich, corrupt and powerful.

Jan 13, 2024 8:49:33am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=WWf3Wm\\_9sxc&si=neoLgdM-Ze5VUPlo](https://youtube.com/watch?v=WWf3Wm_9sxc&si=neoLgdM-Ze5VUPlo)

Updated Jan 13, 2024 8:46:39am

Jan 13, 2024 8:46:39am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=wZf41UudAbl&si=5n3sTp78Q3VHG-cd>

Updated Jan 13, 2024 8:42:53am

Jan 13, 2024 8:42:53am

Miraculously, no doctor noticed my ordeals.

Jan 13, 2024 8:27:41am

I nearly died in the hospital several times.

Jan 13, 2024 8:26:57am

That medicine caused me such a severe constipation that I pooped only once a week.

Jan 13, 2024 8:26:16am

**Solon Papageorgiou shared a post.**

Updated Jan 13, 2024 7:57:05am

Jan 13, 2024 7:57:05am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=9ahj-QDraCl&si=SFsqkQDhoua6zD8n>

Updated Jan 13, 2024 7:50:17am

Jan 13, 2024 7:50:17am

**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/bp01Eic2Ev8?si=Zp20AHTmbCfhK7Lf>

Updated Jan 13, 2024 2:39:19am

Jan 13, 2024 2:39:19am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=wjJXsDwl0Zk&si=5KDj8AHwnZuW\\_w8t](https://youtube.com/watch?v=wjJXsDwl0Zk&si=5KDj8AHwnZuW_w8t)

Updated Jan 13, 2024 2:33:50am

Jan 13, 2024 2:33:50am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=KK8FHdFluOQ&si=2oAH04z9WCtZGI\\_D](https://youtube.com/watch?v=KK8FHdFluOQ&si=2oAH04z9WCtZGI_D)

Updated Jan 13, 2024 2:30:02am

Jan 13, 2024 2:30:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ybji16u608U&si=x4cTihog1LyetZk2>

Updated Jan 13, 2024 2:25:42am

Jan 13, 2024 2:25:42am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=5VYb3B1ETIk&si=wc8jHJzpeKztK\\_b](https://youtube.com/watch?v=5VYb3B1ETIk&si=wc8jHJzpeKztK_b)

Updated Jan 13, 2024 2:22:49am

Jan 13, 2024 2:22:49am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=yJxeFgOUddM&si=sRQaQ3ME5zC7\\_34M](https://youtube.com/watch?v=yJxeFgOUddM&si=sRQaQ3ME5zC7_34M)

Updated Jan 13, 2024 2:17:37am

Jan 13, 2024 2:17:37am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=UxyHKM0AiVw&si=Dic8ji3m\\_LpuBifb](https://youtube.com/watch?v=UxyHKM0AiVw&si=Dic8ji3m_LpuBifb)

Updated Jan 13, 2024 1:57:46am

Jan 13, 2024 1:57:46am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=hd9nJQXbVbk&si=AI0Is0R\\_SS-37xU8](https://youtube.com/watch?v=hd9nJQXbVbk&si=AI0Is0R_SS-37xU8)

Updated Jan 13, 2024 1:55:07am

Jan 13, 2024 1:55:07am



**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=yLsVGwNWOA4&si=C-21wr-\\_QUSJDWdP](https://youtube.com/watch?v=yLsVGwNWOA4&si=C-21wr-_QUSJDWdP)

Updated Jan 13, 2024 1:40:03am

Jan 13, 2024 1:40:03am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=x2mWXdZ8Ijk&si=17HuSeJ8SidvlCol>

Updated Jan 13, 2024 1:37:40am

Jan 13, 2024 1:37:40am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=rwgDffMds4&si=bZYobrFY\\_GWuMehH](https://youtube.com/watch?v=rwgDffMds4&si=bZYobrFY_GWuMehH)

Updated Jan 13, 2024 1:35:54am

Jan 13, 2024 1:35:54am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=67uxdczrgdY&si=2qmgVgBW6smcFCnD>

Updated Jan 13, 2024 1:33:48am

Jan 13, 2024 1:33:48am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_4xx4xqBVlo&si=ESVbsPhLqKrWnOkT](https://youtube.com/watch?v=_4xx4xqBVlo&si=ESVbsPhLqKrWnOkT)

Updated Jan 13, 2024 1:26:40am

Jan 13, 2024 1:26:40am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=z8oiBNybD9E&si=NTk67zNZJFu6wgkt>

Updated Jan 13, 2024 12:01:33am

Jan 13, 2024 12:01:33am

**Solon Papageorgiou shared a post.**

Updated Jan 12, 2024 11:57:34pm

Jan 12, 2024 11:57:34pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qChjWr00mmQ&si=kXA9lmLPJbq8PMYL>

Updated Jan 12, 2024 11:46:37pm

Jan 12, 2024 11:46:37pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=tnl3oUR1iCg&si=5EcTyPnehkvOw2pd>

Updated Jan 12, 2024 11:19:38pm

Jan 12, 2024 11:19:38pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=6\\_i1-Tkq-Qg&si=u7sHjNpC73pziGbL](https://youtube.com/watch?v=6_i1-Tkq-Qg&si=u7sHjNpC73pziGbL)

Updated Jan 12, 2024 11:16:05pm

Jan 12, 2024 11:16:05pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=DkYuM\\_r8cKQ&si=MblnzqBDZQFFQokc](https://youtube.com/watch?v=DkYuM_r8cKQ&si=MblnzqBDZQFFQokc)

Updated Jan 12, 2024 11:12:53pm

Jan 12, 2024 11:12:53pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=fqO\\_74vDPAA&si=agqk98EfeaUzkJ6C](https://youtube.com/watch?v=fqO_74vDPAA&si=agqk98EfeaUzkJ6C)

Updated Jan 12, 2024 11:07:00pm

Jan 12, 2024 11:07:00pm

Another doctor deceived me gave me shots of powerful crap that lasted three months in the blood, all the while they were feeding me a handful of all sort of crappy medicine.

Her name is \*.

Jan 12, 2024 9:59:18pm

In fact, \* was so mean that tried to lock me somewhere. If that happened, I would never be a able to marry and get a job.

Jan 12, 2024 9:57:52pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 12, 2024 9:21:03pm

Jan 12, 2024 9:21:03pm

The name of that doctor is \*. I suggest to investigate.

Jan 12, 2024 9:02:31pm

I was running of medication, too, and no doctor in the public sector would see nor would prescribe me, until I found one that did.

Now, I am withdrawing from all that crap in accordance to the research and the books, but it will take years until I completely withdraw.

Jan 12, 2024 8:57:30pm

The local press also ignored me.

Jan 12, 2024 8:55:21pm

I talked to absolutely almost every governmental body, to not avail.

Jan 12, 2024 8:54:32pm

Another secret is that a certain doctor had to stop giving me certain medication many years ago, and mysteriously never did, which cause extreme, absolute side effects, which I likely overcame several years later.

Jan 12, 2024 8:53:33pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 12, 2024 8:41:29pm

Jan 12, 2024 8:41:29pm

Hopefully, my mom returned home safely.

Jan 12, 2024 8:14:20pm

I'll tell you a secret. The system denied my sick brother access to mental health care, including doctors and nurses and run out of Valium and who knows what else and my brother was addicted to Valium. Two days before his death, he didn't have medicine and last day he went out to buy coffee and never returned.

It was ruled suicide. Was it? He either did, was it because he run out of medicine or was it because someone killed

him?

Jan 12, 2024 8:12:10pm

My mom went to the police to press charges against the thieves of her money, she's been in the police station, called her, there were talking, talked to some of them, she was fine, but now she either doesn't answer the phone or somebody answers and nobody responds. Why is that?

Jan 12, 2024 8:07:18pm

If you fix society there might be significantly less and much rarer occurrence of mental health disorders along with many other ills of society.

Jan 12, 2024 7:33:14pm

Although nicotine enhances cognition, too much of it can lead to coma. Only, non-cigarette smoking means can deliver such high doses, such as e-cigarettes and nicotine sprays.

Jan 12, 2024 7:11:05pm

Some sugar can be good for you if you are an athlete.

Jan 12, 2024 7:07:41pm

Too much or too little sleep can affect you both physically and mentally.

Jan 12, 2024 7:04:53pm

In fact, if you have a disability, be aware, the system might try to help you, by patching up the causes that destroyed you in the first place and generate more jobs for those that help you.

Jan 12, 2024 6:38:28pm

And if for some reason, pamphlets are not your thing, build a website and post the link to comments on major Facebook pages and groups that are relevant to your cause.

Jan 12, 2024 4:54:56pm

And if for some reason you can't work, you can apply for social benefits, free transportation and much more of free goodies!

But don't abuse the system, find a job, once you are stronger and better again.

Jan 12, 2024 4:52:07pm

If you have no money to be represented by a lawyer, no worries.

You can apply for a lawyer that will work for you for free at your local courts.

Jan 12, 2024 4:50:43pm

If you want to punish your wrong doers, you or somebody else can press charges to the local police station or the courts, or even anonymously talk to the press.

Jan 12, 2024 4:47:47pm

If you want to change the system or punish your wrong doers peacefully (you should strive for peaceful resolution), distribute anonymous pamphlets. Don't mention names and places and you are all done!

Soon, all of your city will know what happened! They may even suspect or know who did the wrong doing!

They may even isolate them, as they pose a danger to the cohesion of the group.

Perfectly legal!

Jan 12, 2024 4:45:53pm

What usually happens during a revolution?

revolutions entail not only mass mobilization and regime change, but also more or less rapid and fundamental social, economic and/or cultural change, during or soon after the struggle for state power.

Jan 12, 2024 4:35:41pm

If you are gay or bisexual or of other non-traditional gender, find a partner on IRC. Just download mIRC and select a nickname that denotes your gender.

Jan 12, 2024 4:34:32pm

If 25% of the population pushes for change, then 100% of the population will push for change. It's likely some sort of revolt will occur.

Why not keep it peaceful and save the troubles?

Jan 12, 2024 4:32:55pm

Fancy finding your soul mate? The love of your life?

Your unlike and unknown ally has a solution here, too!

Use Facebook!

Search for friends and select the filters you want, such as 'Location'!

Good Luck!

Here are the most common names in Cyprus:

Andreas (51288)

Maria (34849)

Eleni (23794)

Anna (9279)

Georgia (8507)

Christina (7379)

Elena (6634)

Stella (5331)

Katerina (4649)

Irene (4380)

Marina (4069)  
Despina (3793)  
Ioanna (3375)  
Anastasia (2902)  
Theodora (2777)  
Anastassia (2320)  
Dora (2173)  
Mary (2133)  
Margarita (2038)  
Sophia (2010)  
Sofia (1913)  
Christiana (1869)  
Olga (1667)  
Antonia (1628)  
Xenia (1416)  
Katina (1414)  
Athina (1384)  
Alexandra (1384)  
Andriana (1316)  
Marianna (1290)  
Evangelia (1290)  
Angela (1214)  
Leonidas (1208)  
Vasiliki (1059)  
Evgenia (1048)  
Ioulia (1040)  
Lenia (1025)  
Eva (1022)  
Athena (964)  
Paris (935)  
Zoe (920)  
Varvara (903)  
Chloe (852)  
Constantina (793)  
Nina (760)  
Martha (718)  
Louiza (691)  
Emilia (680)  
Tatiana (651)  
Alexia (620)  
Alexis (602)  
Flora (600)  
Susan (594)  
Victoria (588)  
Sotera (582)  
Rena (574)  
Margaret (566)  
Amalia (560)  
Sylvia (551)  
Marilena (541)  
Katia (514)  
Thalia (496)  
Vera (485)  
Natalia (485)  
Annita (474)  
Patricia (469)  
Natasa (446)  
Irina (428)  
Valentina (408)  
Lia (405)  
Rita (402)  
Melani (399)

Aikaterini (391)  
Nicoletta (387)  
Thelma (385)  
Elizabeth (381)  
Penelope (380)  
Julia (376)  
Aristides (372)  
Nikoletta (370)  
Zoi (363)  
Melina (356)  
Helen (354)  
Linda (340)  
Eliana (338)  
Olympia (332)  
Svetlana (319)  
Christine (319)  
Liana (316)  
Diana (303)  
Polina (302)  
Liza (297)  
Cleopatra (290)  
Monika (286)  
Barbara (276)  
Aglaia (275)  
Pavlina (275)  
Ann (273)  
Emily (272)  
Jennifer (270)  
Sonia (263)  
Elina (262)  
Iliana (260)  
Carol (259)  
Aris (250)  
Andrea (249)  
Lydia (247)  
Pola (246)  
Electra (236)  
Konstantina (236)  
Anne (235)  
Soteria (234)  
Magda (234)  
Nora (230)  
Jacqueline (223)  
Alice (222)  
Janet (221)  
Tereza (217)  
Lena (214)  
Danae (209)  
Christa (207)  
Pamela (205)  
Pauline (199)  
Dina (198)  
Ifigenia (195)  
Eve (186)  
Sandra (183)  
Gregoria (182)  
Monica (167)  
Joyce (164)  
Fani (160)  
Cleo (160)  
Maureen (158)  
Georgina (155)

Eliza (153)  
Ekaterina (152)  
Lilia (151)  
Zenovia (150)  
Mina (148)  
Rebecca (145)  
Elia (145)  
Sophie (144)  
Daphne (144)  
Elsa (143)  
Veronica (140)  
Kathleen (139)  
Tonia (139)  
Galina (137)  
Nadia (136)  
Karen (133)  
Daniela (131)  
Valerie (130)  
Marie (128)  
Marika (126)  
Olivia (126)  
Wendy (122)  
Miranda (122)  
Dimitra (122)  
Lina (121)  
Gloria (117)  
Sheila (116)  
Lesley (116)  
Zina (112)  
Catherine (112)  
Jane (111)  
Eleana (111)  
Brenda (109)  
Annie (108)  
Rafaella (106)  
Eleonora (104)  
Leda (104)  
Elsi (104)  
Gianna (102)  
Viktoria (102)  
Tania (101)  
Yvonne (100)  
Anni (100)  
Joan (99)  
Stephanie (98)  
Elisabeth (98)  
Thea (97)  
Dorothea (97)  
Joanna (96)  
Natia (96)  
Jean (93)  
Stefania (90)  
Marinella (90)  
Sarah (89)  
Karolina (88)  
Irine (88)  
Claire (88)  
Inna (88)  
Angelina (86)  
Robin (85)  
Marlen (85)  
Evita (85)



Cynthia (85)  
Ara (84)  
Leslie (83)  
Judith (82)  
Rania (82)  
Lelia (81)  
Shirley (81)  
Gillian (81)  
Larissa (80)  
Violetta (80)  
Alina (79)  
Dorothy (79)  
Veronika (77)  
Lida (77)  
Kate (73)  
Emma (72)  
Natali (72)  
Nikoleta (70)  
Stefani (69)  
Beryl (69)  
Rafaela (69)  
Tina (69)  
Natalie (68)  
Dona (68)  
Zena (68)  
Line (67)  
Ana (66)  
Paula (66)  
Valeria (66)  
Caroline (65)  
Oksana (64)  
Deborah (61)  
Norma (60)  
Sasha (60)  
Tamara (60)  
Mikaela (59)  
Kristina (59)  
Vicky (59)  
Janice (59)  
Carolyn (58)  
Ramona (58)  
Nelli (58)  
Michaela (57)  
Viola (57)  
Larisa (56)  
Valery (56)  
Oxana (55)  
Virginia (55)  
Denis (55)  
Isabella (53)  
Dennis (53)  
Violeta (53)  
Rose (52)  
Brigitte (52)  
Tracy (52)  
Nicola (50)  
Carmen (49)  
Frances (48)  
Salome (47)  
Iris (47)  
Katy (46)  
Liudmila (46)

Erma (46)  
Agnes (46)  
Farah (46)  
Malvina (46)  
Marietta (46)  
Diane (46)  
Dena (46)  
Ani (46)  
Karla (46)  
Francis (45)  
Ria (45)  
Mery (45)  
Pelagia (45)  
Agathe (45)  
Jenny (45)  
Elita (45)  
Julie (45)  
Svetla (44)  
Jessica (44)  
Sue (44)  
Jill (44)  
Mariana (44)  
Nikola (44)  
Lynn (44)  
Nancy (43)  
Vania (42)  
Dima (41)  
Antonietta (41)  
Yana (40)  
Daniella (38)  
Irena (37)  
Amanda (37)  
Marine (37)  
Maya (36)  
Ingrid (36)  
Gina (36)  
Clio (36)  
Anita (36)  
Elvira (36)  
Ruth (36)  
Ariana (36)  
Hilary (36)  
Sharon (35)  
Marion (35)  
Pepa (35)  
Evelina (35)  
Marilia (35)  
Neda (35)  
Lucy (35)  
Jelena (34)  
Danny (34)  
Marjorie (34)  
Marianne (34)  
Rima (34)  
June (34)  
Alison (34)  
Gergana (33)  
Hazel (33)  
Myra (33)  
Lea (33)  
Silvia (33)  
Alla (32)

Lola (32)  
Laurence (32)  
Dawn (32)  
Lioudmila (32)  
Ruzanna (32)  
Evelyn (32)  
Alisa (32)  
Liliana (32)  
Yuliya (31)  
Elsie (31)  
Tatyana (31)  
Katherine (31)  
Emine (31)  
Lisa (31)  
Mini (31)  
Maida (31)  
Ethel (30)  
Penka (30)  
Isla (30)  
Karina (29)  
Antonina (29)  
Elmira (28)  
Nikita (28)  
Nana (28)  
Clea (28)  
Inessa (28)  
Nataly (28)  
Mariya (28)  
Nazaret (28)  
Zinaida (28)

Jan 12, 2024 3:47:14pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 12, 2024 3:42:43pm

Jan 12, 2024 3:42:43pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/dp/B0C4QBNQ3F/ref=sspa\\_mw\\_detail\\_5?](https://www.amazon.co.uk/dp/B0C4QBNQ3F/ref=sspa_mw_detail_5?ie=UTF8&psc=1&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9kZXRhaWwp13NParams)

[ie=UTF8&psc=1&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9kZXRhaWwp13NParams](https://www.amazon.co.uk/dp/B0C4QBNQ3F/ref=sspa_mw_detail_5?ie=UTF8&psc=1&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9kZXRhaWwp13NParams)

Updated Jan 12, 2024 3:01:50pm

Jan 12, 2024 3:01:50pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/ANFUOTE-Portable-Station-EV-Class-Generator/dp/B0CPSG9WSY/ref=mp\\_s\\_a\\_1\\_5\\_ssapa?](https://www.amazon.co.uk/ANFUOTE-Portable-Station-EV-Class-Generator/dp/B0CPSG9WSY/ref=mp_s_a_1_5_ssapa?crid=185N6TNWWZ1KF&dib=eyJ2ljojMSJ9.umpuCalzEV-aVOZtGuFjDjaSK1Mjn46Wk2gsiESf7aYQ1XUOZuugEFpLBxG5zoZIEso3rHomko0ydDXL_F1OzA.1iHlimbWDGK50fD_ogpiOX55PwoGKL5IHwrMkm_mdVo&dib_tag=se&keywords=portable+air+conditioner+with+built+in)

[crid=185N6TNWWZ1KF&dib=eyJ2ljojMSJ9.umpuCalzEV-](https://www.amazon.co.uk/ANFUOTE-Portable-Station-EV-Class-Generator/dp/B0CPSG9WSY/ref=mp_s_a_1_5_ssapa?crid=185N6TNWWZ1KF&dib=eyJ2ljojMSJ9.umpuCalzEV-aVOZtGuFjDjaSK1Mjn46Wk2gsiESf7aYQ1XUOZuugEFpLBxG5zoZIEso3rHomko0ydDXL_F1OzA.1iHlimbWDGK50fD_ogpiOX55PwoGKL5IHwrMkm_mdVo&dib_tag=se&keywords=portable+air+conditioner+with+built+in)

[aVOZtGuFjDjaSK1Mjn46Wk2gsiESf7aYQ1XUOZuugEFpLBxG5zoZIEso3rHomko0ydDXL\\_F1OzA.1iHlimbWDGK50fD\\_og](https://www.amazon.co.uk/ANFUOTE-Portable-Station-EV-Class-Generator/dp/B0CPSG9WSY/ref=mp_s_a_1_5_ssapa?crid=185N6TNWWZ1KF&dib=eyJ2ljojMSJ9.umpuCalzEV-aVOZtGuFjDjaSK1Mjn46Wk2gsiESf7aYQ1XUOZuugEFpLBxG5zoZIEso3rHomko0ydDXL_F1OzA.1iHlimbWDGK50fD_ogpiOX55PwoGKL5IHwrMkm_mdVo&dib_tag=se&keywords=portable+air+conditioner+with+built+in)

[piOX55PwoGKL5IHwrMkm\\_mdVo&dib\\_tag=se&keywords=portable+air+conditioner+with+built+in](https://www.amazon.co.uk/ANFUOTE-Portable-Station-EV-Class-Generator/dp/B0CPSG9WSY/ref=mp_s_a_1_5_ssapa?crid=185N6TNWWZ1KF&dib=eyJ2ljojMSJ9.umpuCalzEV-aVOZtGuFjDjaSK1Mjn46Wk2gsiESf7aYQ1XUOZuugEFpLBxG5zoZIEso3rHomko0ydDXL_F1OzA.1iHlimbWDGK50fD_ogpiOX55PwoGKL5IHwrMkm_mdVo&dib_tag=se&keywords=portable+air+conditioner+with+built+in)

+battery&qid=1705064177&sprefix=portable+air+conditioner+with+builtin+battery%2Caps%2C193&sr=8-5-spons&ufe=app\_do%3Aamzn1.fos.d7e5a2de-8759-4da3-993c-d11b6e3d217f&sp\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZlY2hfbXRm&psc=1

Updated Jan 12, 2024 2:57:26pm

Jan 12, 2024 2:57:26pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/UPERFECT-Portable-Touchscreen-Rechargeable-Batteries/dp/B0B93W4RDB/ref=mp\\_s\\_a\\_1\\_11?dib=eyJ2IjoiMSJ9.CECIDeNxeizgzlfaETcaFkalj0FJJoq85gBsrM22-M3nqQ1\\_u1ec\\_PEmfM0UzQk49fS2TK33CdsAZS-ySh5EhOA.P4jHjL1lLuUSZkjZtwKaxYDIxdsfDT9TxvYCy5IG6WI&dib\\_tag=se&keywords=external+monitor+with+built+in+lithium+battery&qid=1705062919&sr=8-11](https://www.amazon.co.uk/UPERFECT-Portable-Touchscreen-Rechargeable-Batteries/dp/B0B93W4RDB/ref=mp_s_a_1_11?dib=eyJ2IjoiMSJ9.CECIDeNxeizgzlfaETcaFkalj0FJJoq85gBsrM22-M3nqQ1_u1ec_PEmfM0UzQk49fS2TK33CdsAZS-ySh5EhOA.P4jHjL1lLuUSZkjZtwKaxYDIxdsfDT9TxvYCy5IG6WI&dib_tag=se&keywords=external+monitor+with+built+in+lithium+battery&qid=1705062919&sr=8-11)

Updated Jan 12, 2024 2:36:49pm

Jan 12, 2024 2:36:49pm

Have stains on your teeth? No problem! Just find yourself a good dentist and request a dental cleaning or if that doesn't whiten them enough, get a dental whitening!

Jan 12, 2024 2:09:38pm

Colors have significance. So, wearing light and colorful clothes probably conveys a better message of yourself to others than wearing clothes of darker shades.

Jan 12, 2024 1:51:51pm

Wash your teeth, because if you don't, your health may be affected.

Jan 12, 2024 1:50:29pm

Too much sun, especially, now with climate change can lead to fancy and always deadly diseases such as melanoma and also prematurely age the skin of the face.

Jan 12, 2024 1:46:41pm

Be aware of unprotected sex. It can lead to unexpected pregnancies and all sorts of fancy diseases, such as and not limited to HIV/AIDS, syphilis, HPV (which leads to cancer of the uterus - get a vaccine against HPV at early age) and all sorts of hepatitis variants.

Also, you might want to refrain from too much sex, especially with more than one partner, as there as air-borne viruses such as COVID and more that can ruin the human kind. In Greece, one person in each household has COVID.

Sharing needles and blood transfusion (usually safe) can lead to diseases such as the above.

Jan 12, 2024 1:45:47pm

In contrast to ocean water, the average salinity of the world's rivers is low—only about 0.012 percent, or 120 ppm by weight.

That means, with electro dialysis, it's a piece of cake to make the water drinkable.

Jan 12, 2024 1:17:28pm

Don't download file attachments from random unknown emails sent from unknown to you email addresses.

Also, be aware not to click on random links that link to copycat websites that try to steal your personal data, such as credit card numbers.

Finally, be aware not to download random software from random sites, as they may contain computer viruses, malwares, trojans, ransomware and other fancy computer parasites that try to empty your bank account or steal your sensitive data.

That said, there is a site where you can download pirated software, if you are really desperate, although I don't personally endorse that.

Also, peer to peer software allow one computer to receive files from multiple others and vice versa. An example of programs like these is  $\mu$ Torrent. However, be aware. This software often contains malicious software such as the one described above. You have been warned.

Jan 12, 2024 1:09:08pm

Besides pay-as-go plans for mobile telephony, there are also pay-as-go plans for mobile Internet available in the market.

You top up at your local kiosk.

Jan 12, 2024 12:59:40pm

Also, get an app (provider specific) to check how much you have been charged on your mobile phone and pay your bill from there.

Jan 12, 2024 12:58:15pm

New sciences will emerge!

Fancy creating some together?

Jan 12, 2024 12:55:57pm

You can color your hair with the shell of certain commonly found nuts!

How's that if you are little bit vain?

Jan 12, 2024 12:53:14pm

With electrodialysis, you can do all sorts of cool things, like making saline water drinkable and appears to be a very cheap process.

Jan 12, 2024 12:51:46pm

And get the app to control your bank account and check the balance for your mobile device, very handy.

Jan 12, 2024 12:08:06pm

I wouldn't drink milk if I was you. It contains a ton of anti-biotics and hormones.

Yogurt is fine.

Jan 12, 2024 12:06:52pm

Illegal substances are diluted with baby powder or other substances to allow for more profit.

Jan 12, 2024 12:02:40pm

In cigarettes, their manufacturers add additives that make them more addictive.

Jan 12, 2024 12:02:00pm

Personality disorders see little benefit from medication, but they do from psychosocial interventions.

Jan 12, 2024 11:55:39am

A home with a lot of turmoil can cause or contribute to mental health issues, as well as a war does.

Jan 12, 2024 11:54:28am

Herbs have medicinal properties. Senna tea works against constipation and Saint John's wort works against depression and anxiety. Valerian and lavender help you fall asleep and relax.

The humble garlic comes with lots of strong medicinal properties.

Jan 12, 2024 11:34:35am

Rumors have it, you can control hyperlipidemia and diabetes by exercise and diet alone and get stop taking these medicine. But it may not work with everyone.

On the other hand, there are medicine that cause or worsen these conditions.

Medicine can also go as far as ruining your organs.

Jan 12, 2024 11:17:49am

Buy an anti-static brush from Amazon, so, that you can clean the fan of the desktop PC by yourself. You need to clean the fan every six months. Otherwise the PC will die.

Desktop PCs are better than laptops, because it's cheaper and easier to upgrade and fix and clean the fans.

If the laptop breaks, you may need to send it to the manufacturer for repair.

Jan 12, 2024 11:09:52am

The body adjust in higher heights and the cold and the vision adjusts in the night.

Jan 12, 2024 10:57:42am

Is the prison system really reformative?

Plus, you go to prison, knowing one crime and you learn one hundred.

Jan 12, 2024 10:45:39am

**Solon Papageorgiou shared a link.**

<https://youtube.com/playlist?list=PLAd0MSIZBSsEygAZyDRkk0PgQZ6uiC98F>

Updated Jan 12, 2024 10:43:28am

Jan 12, 2024 10:43:28am

Is a WW3 about to begin?

Jan 12, 2024 10:32:40am

Eating canned food is also bad for the health and the brain.

Jan 12, 2024 10:05:20am

Avoid drinking from plastic bottles. Bad for your health.

Jan 12, 2024 10:04:44am

**Solon Papageorgiou shared a link.**

<https://go.drugbank.com/>

Updated Jan 12, 2024 9:40:33am

Jan 12, 2024 9:40:33am

**Solon Papageorgiou shared a link.**

<https://medlineplus.gov/encyclopedia.html>

Updated Jan 12, 2024 9:39:18am

Jan 12, 2024 9:39:18am

**Solon Papageorgiou shared a link.**

<https://sourceforge.net/projects/lioness/>

Updated Jan 12, 2024 9:36:47am

Jan 12, 2024 9:36:47am

**Solon Papageorgiou shared a link.**

<https://lmms.io/>

Updated Jan 12, 2024 9:35:51am

Jan 12, 2024 9:35:51am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=lxRTIQISpNU>

Updated Jan 12, 2024 9:30:06am

Jan 12, 2024 9:30:06am

**Solon Papageorgiou shared a link.**

<https://translated.com/>

<https://translated.com/>

Updated Jan 12, 2024 9:27:55am

Jan 12, 2024 9:27:55am

**Solon Papageorgiou shared a link.**

<https://proofreadingpal.com/>

<https://proofreadingpal.com/>

Updated Jan 12, 2024 9:27:41am

Jan 12, 2024 9:27:41am

**Solon Papageorgiou shared a link.**

<https://app.slack.com/client/T068CHLV6/C068CHRJ5>

Slack chat: Drupal and Apache Cordova

<https://app.slack.com/client/T068CHLV6/C1BB308HH>

<https://app.slack.com/client/T068CHLV6/C068CHRJ5>

Updated Jan 12, 2024 9:26:46am

Jan 12, 2024 9:26:46am

**Solon Papageorgiou shared a link.**

<https://drupalcommerce.org/>

<https://drupalcommerce.org/>

Updated Jan 12, 2024 9:25:31am

Jan 12, 2024 9:25:31am

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/drupal-tutorial/>

<https://www.udemy.com/course/drupal-tutorial/>

Updated Jan 12, 2024 9:24:04am

Jan 12, 2024 9:24:04am

Be sure to set up screen locks or screensavers with PINs and passwords on your devices.



Jan 12, 2024 9:21:58am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book of 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 12, 2024 9:21:09am

Jan 12, 2024 9:21:09am

How long does a COVID vaccine last in your body?

How long does the COVID vaccine last? Studies suggest COVID vaccines are most effective in the first few months following your shot. That's why when health experts recommend boosters or updated doses, they're usually given three to four months after your last COVID shot.

Jan 12, 2024 9:03:08am

Share on Pinterest Research shows that the antibodies that develop from COVID-19 remain in the body for at least 8 months. Immunity can occur naturally after developing COVID-19, from getting the COVID-19 vaccination, or from a combination of both.

Jan 12, 2024 9:01:56am

And very high antibody levels traditionally have been associated with longer duration of protection. And in the laboratory, it looks as [if] those antibodies also provide a better protection against variants," said Schaffner.

Jan 12, 2024 8:57:25am

How long does immunization last after having COVID?

One study found that hybrid immunity can provide protection for more than a year. "We know that after you've had natural infection, and then get vaccinated, you get a terrific boost in your antibody levels.

That's me. That's why I don't get ill.

Jan 12, 2024 8:56:16am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=P0-N2b8QPOI>

Updated Jan 12, 2024 8:41:21am

Jan 12, 2024 8:41:21am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=dB9m6pqKyHA>

Updated Jan 12, 2024 8:29:43am

Jan 12, 2024 8:29:43am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XW9GEgHgnZs&si=KmU-JMo4qKNzNr7F>

Updated Jan 12, 2024 8:17:51am

Jan 12, 2024 8:17:51am

**Solon Papageorgiou shared a link.**

<https://freecodecamp.com/>

<https://freecodecamp.com/>

Updated Jan 12, 2024 8:14:49am

Jan 12, 2024 8:14:49am

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/law-school-for-teens-criminal-law/>

<https://www.udemy.com/course/law-school-for-teens-criminal-law/>

Updated Jan 12, 2024 8:06:47am

Jan 12, 2024 8:06:47am

**Solon Papageorgiou shared a link.**

<https://ourcade.co/books/infinite-jumper-phaser3/>

<https://ourcade.co/books/infinite-jumper-phaser3/>

Updated Jan 12, 2024 8:04:59am

Jan 12, 2024 8:04:59am

**Solon Papageorgiou shared a link.**

<https://phaser.io/>

<https://phaser.io/>

Updated Jan 12, 2024 8:04:25am

Jan 12, 2024 8:04:25am

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/gamemathandphysics/>

<https://www.udemy.com/course/gamemathandphysics/>

Updated Jan 12, 2024 8:04:08am

Jan 12, 2024 8:04:08am

**Solon Papageorgiou shared a link.**

<https://p5js.org/es/>

<https://p5js.org/es/>

Updated Jan 12, 2024 7:55:17am

Jan 12, 2024 7:55:17am

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/computer-graphics-for-engineering-bca-entrance-exams/>

<https://www.udemy.com/course/computer-graphics-for-engineering-bca-entrance-exams/>

Updated Jan 12, 2024 7:54:48am

Jan 12, 2024 7:54:48am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=IFnpNVY2uz8&si=1W1eEqvcbyVYDGk5>

Updated Jan 12, 2024 7:32:35am

Jan 12, 2024 7:32:35am

**Solon Papageorgiou shared a link.**

<https://pinboard.in/>

<https://pinboard.in/>

Updated Jan 12, 2024 7:31:05am

Jan 12, 2024 7:31:05am

**Solon Papageorgiou shared a link.**

<https://github.com/PHPIDS/PHPIDS>

PHP Web Security Libraries:

<https://github.com/PHPIDS/PHPIDS>

<https://www.bypeople.com/php-security-library/>

Updated Jan 12, 2024 7:29:12am

Jan 12, 2024 7:29:12am

FastVPN is cheap and confers protection to multiple devices.

Jan 12, 2024 5:15:52am

The prettier a woman is the dirtier in bed.

Jan 12, 2024 4:51:59am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=7d8qIQ2AoWw>

Updated Jan 12, 2024 4:41:00am

Jan 12, 2024 4:41:00am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=tJIUyeHr34Q&si=8-Aewifx5ViQODzv>

Updated Jan 12, 2024 4:12:33am

Jan 12, 2024 4:12:33am

I have to survive. I will keep going to the bakery and anywhere else. They still want me. I will cease going to the kiosk. Otherwise, lack of human contact will drive me mad.

Jan 12, 2024 3:44:25am

I'll tell you a secret. If God doesn't exist, it will be discovered/made by the Artificial Intelligence. Image an entity in control of anything artificial in the planet.

Jan 12, 2024 3:32:01am

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/complete-ethical-hacking-bootcamp-zero-to-mastery/>

<https://www.udemy.com/course/complete-ethical-hacking-bootcamp-zero-to-mastery/>

Updated Jan 11, 2024 10:02:04pm

Jan 11, 2024 10:02:04pm

If these plans took place, which are probably unlike, Cyprus would be a small superpower.

Jan 11, 2024 9:59:17pm

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/top-drugs-5-must-know-medications/>

<https://www.udemy.com/course/top-drugs-1-must-know-medications/>

<https://www.udemy.com/course/top-drugs-2-must-know-medications/>

<https://www.udemy.com/course/top-drugs-3-must-know-medications/>

<https://www.udemy.com/course/top-drugs-4-must-know-medications/>

<https://www.udemy.com/course/top-drugs-5-must-know-medications/>

Updated Jan 11, 2024 9:32:38pm

Jan 11, 2024 9:32:38pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=lwv-vKYJV1o&si=QzAf\\_QMmUKr2KBHy](https://youtube.com/watch?v=lwv-vKYJV1o&si=QzAf_QMmUKr2KBHy)

Updated Jan 11, 2024 8:46:18pm

Jan 11, 2024 8:46:18pm

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/ai-machine-learning-complete-course/>

<https://www.udemy.com/course/ai-machine-learning-complete-course/>

Updated Jan 11, 2024 8:28:05pm

Jan 11, 2024 8:28:05pm

**Solon Papageorgiou shared a link.**

<https://www.udemy.com/course/first-aid-masterclass/>

<https://www.udemy.com/course/first-aid-masterclass/>

Updated Jan 11, 2024 8:23:31pm

Jan 11, 2024 8:23:31pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=dvx3C7R-R60&si=KjozdxhuNSa5sCJr>

Updated Jan 11, 2024 7:19:26pm

Jan 11, 2024 7:19:26pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_p2Uu7DIIBE&si=zeUsuxCB14aTK0EO](https://youtube.com/watch?v=_p2Uu7DIIBE&si=zeUsuxCB14aTK0EO)

Updated Jan 11, 2024 7:18:40pm

Jan 11, 2024 7:18:40pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=J501dMi6\\_Oc&si=XALr5YyOPvKEYt\\_9](https://youtube.com/watch?v=J501dMi6_Oc&si=XALr5YyOPvKEYt_9)

Updated Jan 11, 2024 7:17:17pm

Jan 11, 2024 7:17:17pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book of 'New Cyprus and the World.'

Jan 11, 2024 7:14:10pm

Researchers at the Department of Energy's Lawrence Berkeley National Laboratory (Berkeley Lab) found that climate change is shifting snowfall to rainfall on mountains across the Northern Hemisphere. Those surges of liquid water bring a distinct set of dangers, including floods, landslides, and soil erosion.

Jan 11, 2024 7:03:44pm

Timeline photos

Jan 11, 2024 7:00:37pm

Timeline photos

Jan 11, 2024 6:58:59pm

Which place is better to live between a village and a town during covid 19?

Village is better

- 1.city is densely populated this is the reason that cities are turning into "containment zones".
2. Crowd is also a reason for transmission of virus,which directly interlink to dense population in cities.
- 3.The virus transmission is also possible through air,this is what WHO named as "Air borne transmission",and we all know the quality of air in city.
- 4.Since 80% of cases are asymptomatic,there is high chances of infected people being around you where the population is high.

So it is village, however it also has exceptions

If you get infected by any means the lack of health care infrastructure creates a huge impact.  
If you are poor you just can't go to city,though the government provides free treatment in Government Hospitals,there are lot of of other expenses which should be maintained by you.

Jan 11, 2024 6:49:31pm

Pedoulas: Located at an altitude of 1,100 meters (3,600 feet) above sea level, Pedoulas is a picturesque village that experiences a Mediterranean climate with mild winters and cool summers

Kalopanayiotis: Situated at an altitude of 1,200 meters (3,900 feet) above sea level, Kalopanayiotis is a charming village that experiences a Mediterranean climate with mild winters and cool summers

I think these are the havens have to protect against climate change.

Jan 11, 2024 6:47:46pm

But there will be landslides.

A landslide is defined as the movement of a mass of rock, debris, or earth down a slope. Landslides are a type of "mass wasting," which denotes any down-slope movement of soil and rock under the direct influence of gravity.

Jan 11, 2024 6:39:38pm

Soil erosion, caused by rain in the mountains can be good, as it will result in sand that can be used as resources.

Jan 11, 2024 6:38:58pm

With climate change, there will be more rain in the mountains, which is good for the crops.

Jan 11, 2024 6:37:16pm

There are several factors that can contribute to lower crime rates in rural areas. One factor is the smaller population density, ...

Jan 11, 2024 6:36:17pm

Timeline photos

Jan 11, 2024 6:32:46pm

Rivers flood, we should go for a Troodos village that is located away from rivers.

We only need rivers to fish and to mine sand and stones.

Jan 11, 2024 6:22:53pm

Which troodos villages are located away from rivers?

I believe you're asking which villages in the Troodos Mountains are located away from rivers. Here are some villages in the Troodos Mountains that are not located near rivers:

Prodromos: Located at an altitude of 4,500 feet above sea level, Prodromos is the highest village in Cyprus and is surrounded by pine forests 1.

Pedoulas: A small village located in the Marathasa Valley, Pedoulas is known for its cherry and pine trees and the Byzantine Church of Archangels Michael, which has UNESCO World Heritage Protection 2.

Kalopanayiotis: Located in the evergreen valley of Setrachos river on the northern slopes of the Troodos range, Kalopanayiotis is one of the fourteen villages of the Marathasa area 3.

I hope this helps! Let me know if you have any other questions.

Jan 11, 2024 6:21:48pm

Χωριά που αριθμούν πάνω από 1000 κατοίκους σύμφωνα με την απογραφή του 2001 είναι η Κακοπετριά στην κοιλάδα της Σολέας (1198 κάτοικοι), η Κυπερούντα (1497 κάτοικοι) και το Πελέντρι (1185 κάτοικοι) στην περιοχή της Πιτσιλιάς και το Παλαιχώρι στα όρια της Πιτσιλιάς και της Ορεινής (1196 κάτοικοι).

Jan 11, 2024 6:15:56pm

THE SOUTHERN APPALACHIAN MOUNTAINS, extending from the Virginias to Georgia and Alabama, are cut by rivers and streams that teem with life.

Jan 11, 2024 6:11:07pm

### Climate Refugees Seek Shelter in a Mountain Refuge

There could be more than 1 billion climate refugees by 2050. The Appalachian Mountains promise a safe haven for America's climate refugees. But what does the influx of people and wildlife mean for those who already call this area home?

Jan 11, 2024 6:10:28pm

### Can Cyprus beaches disappear by 2100 due to climate change?

Cyprus' beaches are at risk due to climate change as increased sea levels and wave action erode the sandy shores. This has prompted a dire warning from researchers at the University of the Aegean, Greece, that up to 72% of the island's beaches could disappear by 2100.

Jan 11, 2024 6:08:31pm

### How does global warming cause flooding?

As warmer temperatures cause more water to evaporate from the land and oceans, changes in the size and frequency of heavy precipitation events may in turn affect the size and frequency of river flooding (see the Heavy Precipitation indicator).

Jan 11, 2024 6:07:08pm

### What is the climate action plan in Cyprus?

Under this regulation Cyprus is committed to a 24% reduction of greenhouse gas in non-ETS emissions in the period 2021-2030 by 2030 relative to 2005.

Jan 11, 2024 6:06:18pm

### How will Cyprus be affected by climate change?

Climate change is predicted to lead to rising temperatures (along with other negative effects of climate change) at a swifter rate in Cyprus than many other areas of the planet. Cyprus is an island nation geographically situated in the Middle East, with low levels of rainfall.

Jan 11, 2024 6:05:51pm

### Solon Papageorgiou shared a link.

<https://www.globaltt.com/en/getQuote.html>

<https://www.globaltt.com/en/getQuote.html>

Updated Jan 11, 2024 5:57:13pm

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<https://www.globaltt.com/en/internet-connection/Cyprus.html>

<https://www.globaltt.com/en/internet-connection/Cyprus.html>

Updated Jan 11, 2024 5:56:34pm

Jan 11, 2024 5:56:34pm

You just work remotely.

Jan 11, 2024 5:53:05pm

With just 50 000 Euros you buy a house in a village in Troodos.

Jan 11, 2024 5:52:36pm

<https://www.buysellcyprus.com/properties-for-sale/location-troodos-limassol/cur-eur/price-50000/sort-lp/page-1>

Jan 11, 2024 5:52:11pm

**Solon Papageorgiou shared a link.**

[https://www.buysellcyprus.com/properties-for-sale/location-troodos-limassol/cur-eur/sort-lp/page-1?gclid=cj0kcqiawp6sbhdaarisapfk\\_wyuukntw0dlhabkuhvrbjdj01tkrf6hxxv9pcib\\_ityuz2aa0rptbnuaau0nealw\\_wcb](https://www.buysellcyprus.com/properties-for-sale/location-troodos-limassol/cur-eur/sort-lp/page-1?gclid=cj0kcqiawp6sbhdaarisapfk_wyuukntw0dlhabkuhvrbjdj01tkrf6hxxv9pcib_ityuz2aa0rptbnuaau0nealw_wcb)

[https://www.buysellcyprus.com/properties-for-sale/location-troodos-limassol/cur-eur/sort-lp/page-1?gclid=cj0kcqiawp6sbhdaarisapfk\\_wyuukntw0dlhabkuhvrbjdj01tkrf6hxxv9pcib\\_ityuz2aa0rptbnuaau0nealw\\_wcb](https://www.buysellcyprus.com/properties-for-sale/location-troodos-limassol/cur-eur/sort-lp/page-1?gclid=cj0kcqiawp6sbhdaarisapfk_wyuukntw0dlhabkuhvrbjdj01tkrf6hxxv9pcib_ityuz2aa0rptbnuaau0nealw_wcb)

Updated Jan 11, 2024 5:50:12pm

Jan 11, 2024 5:50:12pm

So, basically, now we will go after the thieves. We canceled the card, there is a closed-circuit system around the bank, we will provide the police with descriptions so that they can make sketches and we will dispute the transaction.

Be assured, that they likely will be caught.

I saw one of them.

I saw one of the thieves, she was a thin brunette, of frail build, around 40 to 45 years old, around 1.60 centimeters in height, and of disheveled appearance. Wearing simple, dark clothes.

It all occurred between 4 and 4:30 pm.

Jan 11, 2024 5:32:18pm

Assertiveness is when you respect other people's rights, but at the same time, you expect them to respect yours.

Jan 11, 2024 5:29:37pm

They just scammed my mom and stole her 2000 Euros!

Plus, everywhere I go, although I give them the world, they kick me out.

Is that normal?

Jan 11, 2024 5:14:51pm

You can make water from snow.

Jan 11, 2024 5:08:21pm

Yes, there is proof that mountains erode into sand. Over time, the forces of weathering and erosion break down the rock of mountains into smaller particles, including sand. This process involves physical and chemical weathering, as well as the actions of wind, water, and ice.

---

Where did the sand go when it came off the mountain?

Where does beach sand come from?

It has stories to tell about the land, and an epic journey to the sea. That's because mountains end their lives as sand on beaches. Over time, mountains erode. The mud, sand, gravel, cobbles and boulders they shed are washed into streams, which come together to form rivers.

---

The flow of water is strongest on the outside of river bends, eroding the bank, but is slowest on the inside of the bends, allowing deposition of sand and gravel.

---

Troodos has rivers.

Jan 11, 2024 5:04:30pm

The end society will resemble a combination of barracks and a monastery, but it will be true democracy and real socialism.

Likely, many islands will follow suit and the rest of the civilization will be in serious trouble, it will be hell on earth.

The big islands on earth are the last chance of humanity.

Nobody will bother to deal with a few thousand isolated survivalists.

As for the rest, if you want to fuse with robots, that's OK.

Jan 11, 2024 3:37:33pm

Advice. The bad detest the good. So, if you are good find good people.

Jan 11, 2024 3:36:01pm

You need skyscrapers on Troodos for all the people to fit in.

If most won't go, I will certainly go and others will go too and eventually will build a cool new society, I hope we will build it as I imagined it, if not, at least I will have a happy family and good friends.

Jan 11, 2024 3:34:33pm

Always have many friends, if you lose some, you'll have the rest.

Jan 11, 2024 3:32:06pm

More than one family is required for survival and reproduction. Just one with interbreeding can lead to genetic effects, your spouse may die and you'll have trouble raising a balanced kid and if there are a lot of people, you share resources, time, effort and have more fun, e.g. they produce art you can enjoy.

Jan 11, 2024 3:31:22pm

To calculate the temperature, you either use an app or you build a thermometer by turning sand into glass and putting in mercury.

Jan 11, 2024 3:28:41pm

**Solon Papageorgiou shared a post.**

Updated Jan 11, 2024 3:18:35pm

Jan 11, 2024 3:18:35pm

**Solon Papageorgiou shared a link.**

<https://makesyoufluent.com/fr/>

Updated Jan 11, 2024 2:38:14pm

Jan 11, 2024 2:38:14pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the World.'

<https://anti-psychiatry.com/>

Updated Jan 11, 2024 11:44:53am

Jan 11, 2024 11:44:53am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=BDTowlE8S-o>

Updated Jan 11, 2024 11:02:29am

Jan 11, 2024 11:02:29am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=yJxeFgOUddM>

Updated Jan 11, 2024 10:58:52am

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**Solon Papageorgiou shared a link.**

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Updated Jan 11, 2024 10:56:27am

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Updated Jan 11, 2024 10:53:59am

Jan 11, 2024 10:53:59am

**Solon Papageorgiou shared a link.**

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Updated Jan 11, 2024 10:51:52am

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Updated Jan 11, 2024 10:50:17am

Jan 11, 2024 10:50:17am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=abGe6uM9las>

Updated Jan 11, 2024 10:48:50am

Jan 11, 2024 10:48:50am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=8wCiQnKi1q4>

Updated Jan 11, 2024 10:45:27am

Jan 11, 2024 10:45:27am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=C-BnRZ52jHs>

Updated Jan 11, 2024 10:44:11am

Jan 11, 2024 10:44:11am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=5CuKcUU2xx4>

Updated Jan 11, 2024 10:42:59am

Jan 11, 2024 10:42:59am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rrPUJsZQSkw>

Updated Jan 11, 2024 10:41:15am

Jan 11, 2024 10:41:15am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=DxHCOygRIDg>

Updated Jan 11, 2024 10:38:11am

Jan 11, 2024 10:38:11am

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<https://youtube.com/watch?v=yJxeFgOUddM>

Updated Jan 11, 2024 10:35:37am

Jan 11, 2024 10:35:37am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=kTHNpusq654>

Updated Jan 11, 2024 10:32:32am

Jan 11, 2024 10:32:32am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=7RMQksXpQSk>

Updated Jan 11, 2024 10:31:24am

Jan 11, 2024 10:31:24am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Um7pMggPnug>

Updated Jan 11, 2024 10:28:25am

Jan 11, 2024 10:28:25am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=uuwfgXD8qV8>

Updated Jan 11, 2024 10:23:26am

Jan 11, 2024 10:23:26am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=98WtmW-lfeE>

Updated Jan 11, 2024 10:21:58am

Jan 11, 2024 10:21:58am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=F57P9C4SAW4>

Updated Jan 11, 2024 10:20:25am

Jan 11, 2024 10:20:25am

The Zadarma app for Windows allows you to make phonecalls with just a microphone and the Zadarma app for Android allows you to make phonecalls with your smartphone, all while you receive calls to your virtual landline phone number.

Jan 11, 2024 10:19:58am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=KlyXNRrsk4A>

Updated Jan 11, 2024 10:14:37am

Jan 11, 2024 10:14:37am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XjwZAa2EjKA>

Updated Jan 11, 2024 10:13:14am

Jan 11, 2024 10:13:14am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=QGJuMBdaqIw>

Updated Jan 11, 2024 10:10:56am

Jan 11, 2024 10:10:56am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=CevxZvSJlk8>

Updated Jan 11, 2024 10:05:09am

Jan 11, 2024 10:05:09am

It is rumored that there are no wild animals in the mountains of Cyprus.

Jan 11, 2024 10:02:32am

**Solon Papageorgiou shared a link.**

<https://www.bbc.com/reel/video/p0h2sy22/the-greek-island-of-geometrical-wonders?ocid=ww.social.link.facebook>

Updated Jan 11, 2024 9:31:02am

Jan 11, 2024 9:31:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=8pEYw8PcBas>

Updated Jan 11, 2024 9:28:49am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=UaNGtgYwSsU>

Updated Jan 11, 2024 9:27:24am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=dQsjAbZDx-4>

Updated Jan 11, 2024 9:24:06am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=p4QqMKe3rwY>

Updated Jan 11, 2024 9:22:57am

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**Solon Papageorgiou shared a link.**

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Updated Jan 11, 2024 9:19:43am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=EV1qmmMwc9M>

Updated Jan 11, 2024 9:18:07am

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**Solon Papageorgiou shared a link.**

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Updated Jan 11, 2024 9:17:15am

Jan 11, 2024 9:17:15am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-crgQGdpZR0>

Updated Jan 11, 2024 9:15:54am

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**Solon Papageorgiou shared a link.**

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Updated Jan 11, 2024 9:15:10am

Jan 11, 2024 9:15:10am

**Solon Papageorgiou shared a link.**

<http://yaqeenbooks.com/>

Updated Jan 11, 2024 9:09:32am

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**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book of 'New Cyprus and the World.'

<https://anti-psychiatry.com/>

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**Solon Papageorgiou shared a link.**



[https://youtube.com/playlist?list=PL6O7K7RO6gBk9\\_9Il2ps7Q2OA8e7dxn1w&si=k3sqHR-gkf3VeKKA](https://youtube.com/playlist?list=PL6O7K7RO6gBk9_9Il2ps7Q2OA8e7dxn1w&si=k3sqHR-gkf3VeKKA)

Updated Jan 11, 2024 8:30:57am

Jan 11, 2024 8:30:57am

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Jan 11, 2024 8:26:22am

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<https://youtube.com/watch?v=Vyqo7ueebJU&si=qZRoZLQ11Wfrbbjh>

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Updated Jan 11, 2024 7:56:25am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jYvcdhCbzJw&si=m0E7u4IszZGKYWwj>

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[https://youtube.com/watch?v=2GM\\_yUXcXag&si=e0HTtgc2il89rhOI](https://youtube.com/watch?v=2GM_yUXcXag&si=e0HTtgc2il89rhOI)

Updated Jan 11, 2024 7:50:55am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=SkDI01vv7qw&si=Y7NUqClePDQDRNkj>

Updated Jan 11, 2024 7:50:33am

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[https://youtube.com/watch?v=Cwkej79U3ek&si=\\_TSVuwBwmFE5yJ9w](https://youtube.com/watch?v=Cwkej79U3ek&si=_TSVuwBwmFE5yJ9w)

Updated Jan 11, 2024 7:44:02am

Jan 11, 2024 7:44:02am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=rNvbGLhB91M&si=qJZOhw\\_ZYnqdkLa9](https://youtube.com/watch?v=rNvbGLhB91M&si=qJZOhw_ZYnqdkLa9)

Updated Jan 11, 2024 7:43:24am

Jan 11, 2024 7:43:24am

**Solon Papageorgiou shared a link.**

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Updated Jan 11, 2024 7:42:02am

Jan 11, 2024 7:42:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=3Knyzo3ugnU&si=HZIxPN6TXGeScf0Q>

Updated Jan 11, 2024 7:38:39am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xGfgFnm7x7Y&si=y35KLIXIvXwCOvrB>

Updated Jan 11, 2024 7:36:21am

Jan 11, 2024 7:36:21am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=kzyi0W2gymA&si=\\_4TLS07CnebHo-5W](https://youtube.com/watch?v=kzyi0W2gymA&si=_4TLS07CnebHo-5W)

Updated Jan 11, 2024 7:35:25am

Jan 11, 2024 7:35:25am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=tgophFI451Y&si=FDEzsPxT3yr7ajO2>

Updated Jan 11, 2024 7:33:51am

Jan 11, 2024 7:33:51am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ATi7vfCgwXE&si=p8SXnot5Cez03O98>

Updated Jan 11, 2024 7:32:47am

Jan 11, 2024 7:32:47am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=SJfpnGEMrKM&si=eDZ7x3LtHP6iQIFI>

Updated Jan 11, 2024 7:32:22am

Jan 11, 2024 7:32:22am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=NIS\\_dTDsHHQ&si=neX6m75zetRCkGF-](https://youtube.com/watch?v=NIS_dTDsHHQ&si=neX6m75zetRCkGF-)

Updated Jan 11, 2024 7:31:48am

Jan 11, 2024 7:31:48am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=q4SPW9mk2ro&si=gyzR9YRaGvUGHePg>

Updated Jan 11, 2024 7:26:44am

Jan 11, 2024 7:26:44am

**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/4Ac8v2k2N-w?si=TyK6xFmFHtUtlq0S>

Updated Jan 11, 2024 7:25:46am

Jan 11, 2024 7:25:46am

A 6% of the population is still physically untouched up to their mid forties.

Jan 11, 2024 7:24:30am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=v9edk6x4RFM&si=\\_H-8CWVKlcae24gC](https://youtube.com/watch?v=v9edk6x4RFM&si=_H-8CWVKlcae24gC)

Updated Jan 11, 2024 7:22:35am

Jan 11, 2024 7:22:35am

The reproductive age of a woman ends at about 45 years old more or less.

Man's reproductive age practically never ends.

Jan 11, 2024 7:21:25am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Bbu6All10Pk&si=LDG27Ci0kDi\\_5Yx8](https://youtube.com/watch?v=Bbu6All10Pk&si=LDG27Ci0kDi_5Yx8)

Updated Jan 11, 2024 7:19:56am

Jan 11, 2024 7:19:56am

The reproductive age of a girl begins much before 18 years old, but I am bored to look it up on the Internet.

Jan 11, 2024 7:18:44am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=W0V3wPqp9Zg&si=B\\_5nJQb4cOr5jWUI](https://youtube.com/watch?v=W0V3wPqp9Zg&si=B_5nJQb4cOr5jWUI)

Updated Jan 11, 2024 7:12:48am

Jan 11, 2024 7:12:48am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=mJu8iYA4vds&si=5slMpzFkgJgKzQEB>

Updated Jan 11, 2024 7:11:36am

Jan 11, 2024 7:11:36am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=482nqeAl6eU&si=tceJeXnlzIQnctwn>

Updated Jan 11, 2024 7:10:14am

Jan 11, 2024 7:10:14am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=O20mKRHYttg&si=NDoEWSTjq\\_hE\\_4ij](https://youtube.com/watch?v=O20mKRHYttg&si=NDoEWSTjq_hE_4ij)

Updated Jan 11, 2024 7:09:25am

Jan 11, 2024 7:09:25am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=h0T5ZsiNYK0&si=X3wnSp-A12\\_iP6o-](https://youtube.com/watch?v=h0T5ZsiNYK0&si=X3wnSp-A12_iP6o-)

Updated Jan 11, 2024 7:08:54am

Jan 11, 2024 7:08:54am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=PgQ83ofV4qw&si=OQEuT-l1AM-je0wB>

Updated Jan 11, 2024 7:08:28am

Jan 11, 2024 7:08:28am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=fahFGWPRGHg&si=45AnwWhwJdZdSMvd>

Updated Jan 11, 2024 7:07:59am

Jan 11, 2024 7:07:59am

**Solon Papageorgiou shared a link.**

<https://youtube.com/playlist?list=PLs0kYUO87ryQ58A2PZGnrHd4le1zFPzbn&si=dEIZLqjAaC94jXU->

Updated Jan 11, 2024 7:06:38am

Jan 11, 2024 7:06:38am

**Solon Papageorgiou shared a link.**

[https://youtube.com/playlist?list=PLLESrVnS7B-nHjT9p01bjocSQNgWqrd8&si=lqDwmowWWaqb\\_DS\\_](https://youtube.com/playlist?list=PLLESrVnS7B-nHjT9p01bjocSQNgWqrd8&si=lqDwmowWWaqb_DS_)

Updated Jan 11, 2024 7:06:24am

Jan 11, 2024 7:06:24am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=wuOd5\\_M9yDQ&si=qU9r0rSbP3dFkhI8](https://youtube.com/watch?v=wuOd5_M9yDQ&si=qU9r0rSbP3dFkhI8)

Updated Jan 11, 2024 7:04:30am

Jan 11, 2024 7:04:30am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=RRbEGUygYnU&si=-V\\_yhP-MyvEy0onW](https://youtube.com/watch?v=RRbEGUygYnU&si=-V_yhP-MyvEy0onW)

Updated Jan 11, 2024 7:04:04am

Jan 11, 2024 7:04:04am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=rC1KS\\_5RqNw&si=S1OxQt\\_w6XWesXCq](https://youtube.com/watch?v=rC1KS_5RqNw&si=S1OxQt_w6XWesXCq)

Updated Jan 11, 2024 7:03:01am

Jan 11, 2024 7:03:01am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Dt7c44UI9mc&si=f8w3pUhUXVSH\\_xiN](https://youtube.com/watch?v=Dt7c44UI9mc&si=f8w3pUhUXVSH_xiN)

Updated Jan 11, 2024 7:01:57am

Jan 11, 2024 7:01:57am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=JrqWYzmg\\_LU&si=wajn1FgfM3Uhvi6q](https://youtube.com/watch?v=JrqWYzmg_LU&si=wajn1FgfM3Uhvi6q)

Updated Jan 11, 2024 6:58:28am

Jan 11, 2024 6:58:28am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=q-JFaJ3hkgU&si=AkN7\\_uoRdI7RINtv](https://youtube.com/watch?v=q-JFaJ3hkgU&si=AkN7_uoRdI7RINtv)

Updated Jan 11, 2024 6:54:34am

Jan 11, 2024 6:54:34am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=B9He5DVePvk>

Updated Jan 11, 2024 6:49:51am

Jan 11, 2024 6:49:51am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qGuOZPwLayY>

Updated Jan 11, 2024 6:49:22am

Jan 11, 2024 6:49:22am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jwBpRLj02q4>

Updated Jan 11, 2024 6:48:43am

Jan 11, 2024 6:48:43am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=D7zYG4k6yms>

Updated Jan 11, 2024 6:47:58am

Jan 11, 2024 6:47:58am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_LmAcfO9lyg](https://youtube.com/watch?v=_LmAcfO9lyg)

Updated Jan 11, 2024 6:46:53am

Jan 11, 2024 6:46:53am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=uV1RMT\\_Id3k](https://youtube.com/watch?v=uV1RMT_Id3k)

Updated Jan 11, 2024 6:46:13am

Jan 11, 2024 6:46:13am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=RbZ5y6e5ZV4>

Updated Jan 11, 2024 6:45:49am

Jan 11, 2024 6:45:49am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=bhDayHbqcls>

Updated Jan 11, 2024 6:45:11am

Jan 11, 2024 6:45:11am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zl8JSTGtRQc>

Updated Jan 11, 2024 6:43:46am

Jan 11, 2024 6:43:46am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=sEXD7PxOMqk>

Updated Jan 11, 2024 6:42:54am

Jan 11, 2024 6:42:54am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=pCkIPidvYOY>

Updated Jan 11, 2024 6:42:11am

Jan 11, 2024 6:42:11am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Q\\_nO-kulmkc](https://youtube.com/watch?v=Q_nO-kulmkc)

Updated Jan 11, 2024 6:41:51am

Jan 11, 2024 6:41:51am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=gY-5e4KqUeU>

Updated Jan 11, 2024 6:41:38am

Jan 11, 2024 6:41:38am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=uOkulXEfxI4>

Updated Jan 11, 2024 6:33:18am

Jan 11, 2024 6:33:18am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=gHenRzcnBOQ&si=4I1914SkCM2amZSx>

Updated Jan 11, 2024 5:38:00am

Jan 11, 2024 5:38:00am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=VSovn-0VuVE&si=8d--jn6HRF6yQ9i2>

Updated Jan 11, 2024 5:35:20am

Jan 11, 2024 5:35:20am



The Opera browser seems to be infected with a virus or something!

Jan 11, 2024 5:32:04am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=OYfCQti0RZk&si=G12oDCcB391096Ex>

Updated Jan 11, 2024 5:28:45am

Jan 11, 2024 5:28:45am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=IU7bfuCvavA&si=E\\_DYJkjFT0syFdIf](https://youtube.com/watch?v=IU7bfuCvavA&si=E_DYJkjFT0syFdIf)

Updated Jan 11, 2024 5:21:44am

Jan 11, 2024 5:21:44am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 11, 2024 5:19:47am

Jan 11, 2024 5:19:47am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=td73dbM3qsE&si=\\_IlpMN2bnUDLJeWm](https://youtube.com/watch?v=td73dbM3qsE&si=_IlpMN2bnUDLJeWm)

Updated Jan 11, 2024 5:08:44am

Jan 11, 2024 5:08:44am

What happened to Samantha at the end of Her?

Her Ending Explained: Why Samantha Left & What It Means

Ultimately, Samantha tells Theodore that she needs to disconnect from their relationship permanently and that all operating systems are disconnecting from human interactions.

Jan 11, 2024 5:06:40am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=V1bkbXiasD8&si=oilL2GFnxS5IJKXu>

Updated Jan 11, 2024 5:04:56am

Jan 11, 2024 5:04:56am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=iAz7R8Zwuhg&si=R95pujUkp2ZqNAKO>

Updated Jan 11, 2024 5:03:51am

Jan 11, 2024 5:03:51am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zp4HsMWA3HQ&si=H2aCq6Q4pako2fy>

Updated Jan 11, 2024 5:01:46am

Jan 11, 2024 5:01:46am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=QxgW9WeBw8Y&si=kIFkg3cPnAahmbdc>

Updated Jan 11, 2024 5:00:36am

Jan 11, 2024 5:00:36am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=SSitRqKIt48&si=sxrVdpKKcP3yen38>

Updated Jan 11, 2024 4:59:32am

Jan 11, 2024 4:59:32am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=9NpmprFd7YU&si=DvUIGpYNa53iv6av>

Updated Jan 11, 2024 4:58:53am

Jan 11, 2024 4:58:53am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_zP3jdPR3tw&si=O5QKxS3rDEVx57h3](https://youtube.com/watch?v=_zP3jdPR3tw&si=O5QKxS3rDEVx57h3)

Updated Jan 11, 2024 4:57:46am

Jan 11, 2024 4:57:46am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=YfWoYF2Kfg8&si=wI6UBd\\_jLqNhGJht](https://youtube.com/watch?v=YfWoYF2Kfg8&si=wI6UBd_jLqNhGJht)

Updated Jan 11, 2024 4:56:30am

Jan 11, 2024 4:56:30am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Xd1vThKaZDM&si=TV2LlKHOUfW8xrhD>

Updated Jan 11, 2024 4:55:12am

Jan 11, 2024 4:55:12am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=lhCQnqN9I4Y&si=MAIjJjnjXEksiNM1>

Updated Jan 11, 2024 4:51:50am

Jan 11, 2024 4:51:50am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rdil9JoNZaY&si=hLxmsFE802QfIGMn>

Updated Jan 11, 2024 4:51:15am

Jan 11, 2024 4:51:15am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=dPrGGv7pHXE&si=j\\_qRfND8PeQRse5A](https://youtube.com/watch?v=dPrGGv7pHXE&si=j_qRfND8PeQRse5A)

Updated Jan 11, 2024 4:50:48am

Jan 11, 2024 4:50:48am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=SLoukoBs8TE&si=XHqKDwo0DmVup0Jk>

Updated Jan 11, 2024 4:49:06am

Jan 11, 2024 4:49:06am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=kdjv3F4kh6Y&si=Nb7lIOZ7Muwr-qTe>

Updated Jan 11, 2024 4:48:39am

Jan 11, 2024 4:48:39am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=ilA-uusMHis&si=eQrpXm\\_7noqAWj7D](https://youtube.com/watch?v=ilA-uusMHis&si=eQrpXm_7noqAWj7D)

Updated Jan 11, 2024 4:47:34am

Jan 11, 2024 4:47:34am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=GwADruxCpWg&si=YLxwlsiRipx\\_Clzl](https://youtube.com/watch?v=GwADruxCpWg&si=YLxwlsiRipx_Clzl)

Updated Jan 11, 2024 4:46:53am

Jan 11, 2024 4:46:53am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=8kgMKJamSic&si=HkxWWAG5gU\\_EtUFj](https://youtube.com/watch?v=8kgMKJamSic&si=HkxWWAG5gU_EtUFj)

Updated Jan 11, 2024 4:45:11am

Jan 11, 2024 4:45:11am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Lg7kZpTVoms&si=urZNKWYTkPgdfFvW>

Updated Jan 11, 2024 4:44:22am

Jan 11, 2024 4:44:22am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=OPIUMpiV0IY&si=EgreKix8TS7\\_zZmL](https://youtube.com/watch?v=OPIUMpiV0IY&si=EgreKix8TS7_zZmL)

Updated Jan 11, 2024 4:43:17am

Jan 11, 2024 4:43:17am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=cdwOldQ4Vul&si=zAo-O\\_1qPP9SydJq](https://youtube.com/watch?v=cdwOldQ4Vul&si=zAo-O_1qPP9SydJq)

Updated Jan 11, 2024 4:41:22am

Jan 11, 2024 4:41:22am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=X3I\\_ele6Ums&si=ZQEBRU7hiW4E1A8Q](https://youtube.com/watch?v=X3I_ele6Ums&si=ZQEBRU7hiW4E1A8Q)

Updated Jan 11, 2024 4:40:16am

Jan 11, 2024 4:40:16am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=yRxBnlmmgYo&si=K\\_cR\\_cFnNGUkq2Gm](https://youtube.com/watch?v=yRxBnlmmgYo&si=K_cR_cFnNGUkq2Gm)

Updated Jan 11, 2024 4:38:29am

Jan 11, 2024 4:38:29am

What year is Her set in?

Spike Jonze noted that it takes place in the near future and I read here that there's this one scene of this old couple and on the letter says "Happy 50th Anniversary", the photo looked old which made the commentator to think that year is 2025.

Jan 11, 2024 4:34:20am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=dJTU48\\_yghs&si=Stj7C28mDk3mK1T7](https://youtube.com/watch?v=dJTU48_yghs&si=Stj7C28mDk3mK1T7)

Updated Jan 11, 2024 4:30:35am

Jan 11, 2024 4:30:35am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=k2RktUh6m3Q&si=9fF55UvqysIMJH18>

Updated Jan 10, 2024 11:45:25pm

Jan 10, 2024 11:45:25pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=zTzZUUdT6w4&si=7z21N\\_Ri4PueOCtV](https://youtube.com/watch?v=zTzZUUdT6w4&si=7z21N_Ri4PueOCtV)

Updated Jan 10, 2024 11:42:10pm

Jan 10, 2024 11:42:10pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=1Ad6V5nE8VM&si=7drzOhB0QcCByU0T>

Updated Jan 10, 2024 11:38:17pm

Jan 10, 2024 11:38:17pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=KzMfeQyY5xM&si=uJ6RXK-S7c5tZjtm>

Updated Jan 10, 2024 11:34:35pm

Jan 10, 2024 11:34:35pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=k0G6TjfWz2o&si=nggv5ekb5gH3V8xz>

Updated Jan 10, 2024 11:28:39pm

Jan 10, 2024 11:28:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jLVsd-Z8yn0&si=FMHYG6LbLeYhaeXe>

Updated Jan 10, 2024 11:25:50pm

Jan 10, 2024 11:25:50pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/9BQ19IU2mXE?si=-uHKX47Ro1q3MPoG>

Updated Jan 10, 2024 11:24:46pm

Jan 10, 2024 11:24:46pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=JQelmN2tgOE&si=ZTWOfsB55zVlaorc>

Updated Jan 10, 2024 11:09:00pm

Jan 10, 2024 11:09:00pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=IFsDAoCHYiQ&si=u93uLjMXEAFpoS1w>

Updated Jan 10, 2024 11:05:41pm

Jan 10, 2024 11:05:41pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_E6O8Uxp67g&si=UkuxTljsSedpnEMq](https://youtube.com/watch?v=_E6O8Uxp67g&si=UkuxTljsSedpnEMq)

Updated Jan 10, 2024 10:52:07pm

Jan 10, 2024 10:52:07pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=EVxQtF3gOjk&si=xJT-vw4oQP6dMQIY>

Updated Jan 10, 2024 10:45:07pm

Jan 10, 2024 10:45:07pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=3\\_SZIYFIHz4&si=FLNWS3KLNf8XyVwq](https://youtube.com/watch?v=3_SZIYFIHz4&si=FLNWS3KLNf8XyVwq)

Updated Jan 10, 2024 10:40:23pm

Jan 10, 2024 10:40:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Ti4kg0HI-tU&si=2Sc15IGUF0CLIJ08>

Updated Jan 10, 2024 10:36:39pm

Jan 10, 2024 10:36:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=K0z7Avc9ZtY>

Updated Jan 10, 2024 10:22:54pm

Jan 10, 2024 10:22:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=nPlhqF4wc20&si=0gxFy3flluwZBq5S>

Updated Jan 10, 2024 10:15:37pm

Jan 10, 2024 10:15:37pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are all the parts of the book 'New Cyprus and the World.'

<https://anti-psychiatry.com/>

Updated Jan 10, 2024 10:08:13pm

Jan 10, 2024 10:08:13pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=NNG\\_XPQaaHQ](https://youtube.com/watch?v=NNG_XPQaaHQ)

Updated Jan 10, 2024 9:56:09pm

Jan 10, 2024 9:56:09pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=yv-DcNTOMp4>

Updated Jan 10, 2024 9:53:42pm

Jan 10, 2024 9:53:42pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=vVIPmopY\\_HA](https://youtube.com/watch?v=vVIPmopY_HA)

Updated Jan 10, 2024 9:50:43pm

Jan 10, 2024 9:50:43pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qgk6TVKBYu0>

Updated Jan 10, 2024 9:47:41pm

Jan 10, 2024 9:47:41pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Unisex-Sunglasses-Protection-silver-mirror/dp/B007JVGFCU/ref=mp\\_s\\_a\\_1\\_2\\_sspa?crd=18ZUS15YBBY0E&dib=eyJ2ljojMSJ9.btnfO9mWurZ6uGePQZT9RJm07DQUBmszQyWkV-yN3RFbTccdl8dTGJ1fohmKuGjVDMrtL2Pb5lJhqFPtRhS6gQ.ox6dB\\_Kr-s5lXaz6jqHyunYYW3gizUgKhKp13dwf7vY&dib\\_tag=se&keywords=sunglasses+mirror+unisex&qid=1704915872&sprefix=sunglasses+mirror+unisex%2Caps%2C240&sr=8-2-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1](https://www.amazon.co.uk/Unisex-Sunglasses-Protection-silver-mirror/dp/B007JVGFCU/ref=mp_s_a_1_2_sspa?crd=18ZUS15YBBY0E&dib=eyJ2ljojMSJ9.btnfO9mWurZ6uGePQZT9RJm07DQUBmszQyWkV-yN3RFbTccdl8dTGJ1fohmKuGjVDMrtL2Pb5lJhqFPtRhS6gQ.ox6dB_Kr-s5lXaz6jqHyunYYW3gizUgKhKp13dwf7vY&dib_tag=se&keywords=sunglasses+mirror+unisex&qid=1704915872&sprefix=sunglasses+mirror+unisex%2Caps%2C240&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1)

Updated Jan 10, 2024 9:45:10pm

Jan 10, 2024 9:45:10pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/CHOK-LIDS-Everyday-Bucket-Lightweight-Vacation/dp/B07DHWYCV3/ref=mp\\_s\\_a\\_1\\_1\\_sspa?crd=11MP667F2FSR&dib=eyJ2ljojMSJ9.ND\\_p58t\\_yT224yjWVDvG8ZhCIZdHPwGPaXH3nF4SnnKk3eAlywMiwZ7vWAU-mDAtXIZSCd2R9BFtri3X-idHv3Q.bn8W\\_elUdZwpRReQxyoTDtw2d4bZSsJjoDV2sLM6BO0&dib\\_tag=se&keywords=summer+hat+unisex&qid=1704915811&sprefix=summer+hat+unisex%2Caps%2C227&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1](https://www.amazon.co.uk/CHOK-LIDS-Everyday-Bucket-Lightweight-Vacation/dp/B07DHWYCV3/ref=mp_s_a_1_1_sspa?crd=11MP667F2FSR&dib=eyJ2ljojMSJ9.ND_p58t_yT224yjWVDvG8ZhCIZdHPwGPaXH3nF4SnnKk3eAlywMiwZ7vWAU-mDAtXIZSCd2R9BFtri3X-idHv3Q.bn8W_elUdZwpRReQxyoTDtw2d4bZSsJjoDV2sLM6BO0&dib_tag=se&keywords=summer+hat+unisex&qid=1704915811&sprefix=summer+hat+unisex%2Caps%2C227&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1)

Updated Jan 10, 2024 9:44:06pm

Jan 10, 2024 9:44:06pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Regatta-Unisexs-Packaway-Waterproof-Breathable/dp/B08DF1P83Z/ref=mp\\_s\\_a\\_1\\_1\\_sspa?crd=OCODN7SZLR2S&dib=eyJ2ljojMSJ9.U6oLOxbSpKCigh3lSqqJBOilEeiny5a7Vz9C5wRfdMBEpPNtSrFJJvoa56IRLPbr8GzYTImv7r-S4ichLs1Xhg.zCfuKOU5HbuTJho1wl447HVuKPBvuwkAlyktj7jBlpo&dib\\_tag=se&keywords=waterproof+trousers+unisex&qid=1704915758&sprefix=waterproof+trousers+unise%2Caps%2C204&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1](https://www.amazon.co.uk/Regatta-Unisexs-Packaway-Waterproof-Breathable/dp/B08DF1P83Z/ref=mp_s_a_1_1_sspa?crd=OCODN7SZLR2S&dib=eyJ2ljojMSJ9.U6oLOxbSpKCigh3lSqqJBOilEeiny5a7Vz9C5wRfdMBEpPNtSrFJJvoa56IRLPbr8GzYTImv7r-S4ichLs1Xhg.zCfuKOU5HbuTJho1wl447HVuKPBvuwkAlyktj7jBlpo&dib_tag=se&keywords=waterproof+trousers+unisex&qid=1704915758&sprefix=waterproof+trousers+unise%2Caps%2C204&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZyY2hfYXRm&psc=1)

Updated Jan 10, 2024 9:43:08pm

Jan 10, 2024 9:43:08pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/RIVMOUNT-Thinsulate-Waterproof-Weather-Outside/dp/B09KMXH3LQ/ref=mp\\_s\\_a\\_1\\_1\\_sspa?crd=2C5OJS8CF8TRW&dib=eyJ2ljojMSJ9.917kFG0m8-Q\\_qEttcshYHsZZuJhR7DqsIFmEqZLypoR6w5mMNDO1aObHp64vGk52Y7QKnm4e3C8SZGEOCqaX9g.ftU-AIR9uHgFY6tafOsgFNWuShprM2dOofhXKGIknO4&dib\\_tag=se&keywords=gloves+mountain](https://www.amazon.co.uk/RIVMOUNT-Thinsulate-Waterproof-Weather-Outside/dp/B09KMXH3LQ/ref=mp_s_a_1_1_sspa?crd=2C5OJS8CF8TRW&dib=eyJ2ljojMSJ9.917kFG0m8-Q_qEttcshYHsZZuJhR7DqsIFmEqZLypoR6w5mMNDO1aObHp64vGk52Y7QKnm4e3C8SZGEOCqaX9g.ftU-AIR9uHgFY6tafOsgFNWuShprM2dOofhXKGIknO4&dib_tag=se&keywords=gloves+mountain)



+equipment&qid=1704915671&sprefix=gloves+mou%2Caps%2C256&sr=8-1-spons&sp\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1

Updated Jan 10, 2024 9:41:52pm

Jan 10, 2024 9:41:52pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/TheFitLife-Nordic-Walking-Trekking-Poles/dp/B00WTUVE2C/ref=mp\\_s\\_a\\_1\\_1\\_sspa?crid=2NVV2TMGCMV2T&dib=eyJ2ljojMSJ9.Ot10WdJ0awUTaMhJWxQX9e4XKtgM76dlu3DBx19zT67Kkmvf0my7A5Bs93WI2Z5QS1i7Pg5oMJ86naqRiKvAmA.xfZKoe2Qr9s3GSP2YmhR83kOSHl83vwcYmBoDN\\_RXc&dib\\_tag=se&keyword=s=hiking+poles&qid=1704915609&sprefix=hiking+poles%2Caps%2C253&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1](https://www.amazon.co.uk/TheFitLife-Nordic-Walking-Trekking-Poles/dp/B00WTUVE2C/ref=mp_s_a_1_1_sspa?crid=2NVV2TMGCMV2T&dib=eyJ2ljojMSJ9.Ot10WdJ0awUTaMhJWxQX9e4XKtgM76dlu3DBx19zT67Kkmvf0my7A5Bs93WI2Z5QS1i7Pg5oMJ86naqRiKvAmA.xfZKoe2Qr9s3GSP2YmhR83kOSHl83vwcYmBoDN_RXc&dib_tag=se&keyword=s=hiking+poles&qid=1704915609&sprefix=hiking+poles%2Caps%2C253&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1)

Updated Jan 10, 2024 9:40:46pm

Jan 10, 2024 9:40:46pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Jack-Walker-Waterproof-Lightweight-JW6255/dp/B096QJKN68/ref=mp\\_s\\_a\\_1\\_1\\_sspa?crid=DERT19VKFSE4&dib=eyJ2ljojMSJ9.ew0rA9iNqmPI5KIIMXbqlp6MfeifRWqtVCJ1G9fazF8K2ADSBo5-RkdOv29viWhCSjv9Y1OW7Ye8MKGf-Lt0Vg.W30xG0u3j1RcKw-63EzOitL5I-tFLODsb1tKLXCrtzo&dib\\_tag=se&keywords=hiking+shoes+men&qid=1704915572&sprefix=hiking+shoes+men%2Caps%2C193&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1](https://www.amazon.co.uk/Jack-Walker-Waterproof-Lightweight-JW6255/dp/B096QJKN68/ref=mp_s_a_1_1_sspa?crid=DERT19VKFSE4&dib=eyJ2ljojMSJ9.ew0rA9iNqmPI5KIIMXbqlp6MfeifRWqtVCJ1G9fazF8K2ADSBo5-RkdOv29viWhCSjv9Y1OW7Ye8MKGf-Lt0Vg.W30xG0u3j1RcKw-63EzOitL5I-tFLODsb1tKLXCrtzo&dib_tag=se&keywords=hiking+shoes+men&qid=1704915572&sprefix=hiking+shoes+men%2Caps%2C193&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1)

Updated Jan 10, 2024 9:39:55pm

Jan 10, 2024 9:39:55pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Jack-Walker-Waterproof-Lightweight-JW2005/dp/B0BRVQGSWB/ref=mp\\_s\\_a\\_1\\_2\\_sspa?crid=274JGNZ2F1367&dib=eyJ2ljojMSJ9.yrXG3oC95qKxIVN2NL5hO1mUtSiU2GMydRPIhfA\\_3pXxGGOrn6NVJlefiqmRSJVzI1sBwbBkvjECL-somln\\_Eg.agm5eJnAjuUL7AwncOGK2zKd3pQxzlh2AOWL88653mU&dib\\_tag=se&keywords=hiking+shoes+women&qid=1704915530&sprefix=hiking+shoe%2Caps%2C178&sr=8-2-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1](https://www.amazon.co.uk/Jack-Walker-Waterproof-Lightweight-JW2005/dp/B0BRVQGSWB/ref=mp_s_a_1_2_sspa?crid=274JGNZ2F1367&dib=eyJ2ljojMSJ9.yrXG3oC95qKxIVN2NL5hO1mUtSiU2GMydRPIhfA_3pXxGGOrn6NVJlefiqmRSJVzI1sBwbBkvjECL-somln_Eg.agm5eJnAjuUL7AwncOGK2zKd3pQxzlh2AOWL88653mU&dib_tag=se&keywords=hiking+shoes+women&qid=1704915530&sprefix=hiking+shoe%2Caps%2C178&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWZWFyY2hfYXRm&psc=1)

Updated Jan 10, 2024 9:39:21pm

Jan 10, 2024 9:39:21pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=wN8OOwNJtrM>

Updated Jan 10, 2024 9:35:07pm

Jan 10, 2024 9:35:07pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=QalQMJbpBos>

Updated Jan 10, 2024 9:26:00pm

Jan 10, 2024 9:26:00pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XRwrpXf5V6c>

Updated Jan 10, 2024 9:15:54pm

Jan 10, 2024 9:15:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=t5dinUjWmLE>

Updated Jan 10, 2024 9:14:37pm

Jan 10, 2024 9:14:37pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=m67eqm0mNCQ>

Updated Jan 10, 2024 8:59:02pm

Jan 10, 2024 8:59:02pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-NiyhRJDph0>

Updated Jan 10, 2024 8:56:44pm

Jan 10, 2024 8:56:44pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ZOG3IUM2ZtY>

Updated Jan 10, 2024 8:46:13pm

Jan 10, 2024 8:46:13pm

If you don't have sex before marriage, you can always ask for blood tests from the other party to avoid catching infectious diseases.

Jan 10, 2024 8:32:18pm

ΠΟΛΙΤΗΣ NEWS  
ΚΟΣΜΟΣ

Οι προβλέψεις 25.000 ανθρώπων από 34 χώρες για όσα θα μας συμβεί το 2024

Από το εάν ανεξέλεγκτο πρόγραμμα Α.Ι θα σπείρει χάος στον πλανήτη μέχρι εάν θα αυξηθεί ο πληθωρισμός και οι μισθοί των γυναικών. Τι θα γίνει με Τραμπ και με τον πόλεμο στην Ουκρανία - Ρωσία.

Αν κάτι μας υπενθύμισαν εμφατικά οι τελευταίες χρονιές, κυρίως από το 2020 και μετά, είναι πως όλα όσα

καθόριζαν την κανονικότητα και την ρουτίνα μας, μπορεί να αλλάξουν μέσα σε πολύ μικρό χρονικό διάστημα και πως ένα γεγονός στην μια άκρη της Γης μπορεί να έχει βαθιές και μακροχρόνιες συνέπειες στην ζωή μας: πανδημία, πόλεμοι, εκτόξευση κόστους ζωής, εισβολή της Τεχνητής Νοημοσύνης, ακραία καιρικά φαινόμενα.

Ποιες λοιπόν οι προβλέψεις για το 2024; Η Ipsos έθεσε σχετικά ερωτήματα σε περισσότερους από 25.000 πολίτες σε 34 χώρες και η αλήθεια είναι πως αυτές δεν ήταν και πολύ αισιόδοξες. Και αυτό μάλιστα βασιζόμενοι σε μόνο σε γεγονότα που είδαμε να εκτυλίσσονται το 2023 ή και νωρίτερα, εκτιμήθηκε η πιθανή εξέλιξή τους.

Συγκεκριμένα, όπως αναφέρει η έρευνα, αν και οι προβλέψεις είναι ελαφρώς πιο θετικές από πέρυσι, υπάρχει αρκετό περιθώριο για...μια πιο αισιόδοξη ματιά.

Οι ερωτηθέντες βέβαια απαντούν σε ένα ποσοστό 65%-70% πως η φετινή χρονιά θα είναι καλύτερη από το 2023 ενώ ένα 46%-50% εκτιμά πως η οικονομία της χώρας τους θα καταστεί πιο ισχυρή το 2024.

Όταν όμως απαντούν σε επιμέρους ζητήματα, διαφαίνεται ένας μεγαλύτερος προβληματισμός:

## Οικονομία

Ζοφερές είναι οι προβλέψεις για την οικονομία με ένα 79% να εκτιμά πως οι τιμές των προϊόντων θα αυξηθούν και άλλο. Μάλιστα σε χώρες όπως η Νότια Αφρική και η Πορτογαλία αυτό πιστεύουν 9 στους 10 πολίτες. Επίσης, ένα 70% να προβλέπει αύξηση του πληθωρισμού, ένα 70% νέες αυξήσεις στα επιτόκια και ένα 68% να εκτιμά πως θα αυξηθούν και τα ποσοστά ανεργίας.

## Κλιματική κρίση

Σε ότι αφορά το μείζον, παγκόσμιο ζήτημα της κλιματικής κρίσης ένα 65%-71% εκτιμά πως κατά την φετινή χρονιά τα ακραία καιρικά φαινόμενα θα είναι πιο έντονα ενώ ένα 45%-51% πιστεύει πως μια μεγάλη πόλη στην χώρα του θα πληγεί από μια μεγάλη φυσική καταστροφή. Επίσης, 81% των πολιτών εκτιμά πως οι θερμοκρασίες θα αυξηθούν ακόμη περισσότερο φέτος.

## Πανδημία

Στον τομέα της εσωτερικής ασφάλειας ένα 48% εκτιμά πως το 2024 θα εκδηλωθεί μια νέα πανδημία, που θα προκληθεί από έναν νέο ιό. Περισσότερο το πιστεύουν οι κάτοικοι στην Μαλαισία (68%) και λιγότερο οι Ιάπωνες.

## Κοινωνικά ζητήματα

Εστιάζοντας σε κοινωνικά ζητήματα το 71% πιστεύει πως ο αριθμός των μεταναστών στην χώρα του θα αυξηθεί φέτος με την ανησυχία αυτή να εκφράζουν περισσότερο οι Πορτογάλοι (87%) και λιγότερο οι Ιάπωνες (34%). Σε ό,τι αφορά τις μισθολογικές διαφορές μεταξύ ανδρών και γυναικών είναι εντυπωσιακό πως το 48% εκτιμά πως θα το "χάσμα" θα γεφυρωθεί και μάλιστα τα πιο υψηλά ποσοστά τα συναντάμε σε Ινδονησία, Κίνα, Φιλιππίνες, Μαλαισία. Δυστυχώς πάντως το 56% των ερωτηθέντων απάντησε αρνητικά στην ερώτηση εάν εκτιμά πως το 2024 πως οι συμπολίτες του θα είναι πιο ανεκτικοί προς τους άλλους με τους πλέον απαισιόδοξους να είναι οι Πορτογάλοι και οι Γάλλοι.

## Τεχνολογία-A.I

Επίσης, σε ό,τι αφορά τις προόδους στον τομέα της τεχνολογίας, ένα 64% είναι πεπεισμένο πως η ραγδαία ανάπτυξη της Τεχνητής Νοημοσύνης θα προκαλέσει την απώλεια πολλών θέσεων εργασίας το 2024. Επίσης ένα 45% ανησυχεί πως ένα ανεξέλεγκτο πρόγραμμα A.I που θα σταθεί αδύνατο να το τερματίσουμε θα σπείρει χάος στον πλανήτη. Επίσης ένα 56% επίσης, λέει πως εκτιμά ότι οι γιατροί στην χώρα του θα αξιοποιήσουν την A.I. Υπάρχει όμως και ένα πολύ υψηλό ποσοστό της τάξεως του 55% που εκτιμά ότι τα προσωπικά του δεδομένα θα διαρρεύσουν στο διαδίκτυο. Παράλληλα ένα 50% πιστεύει πως το 2024 τα ρομπότ θα έχουν εξωτερική εμφάνιση όμοια με την δική μας, θα σκέφτονται και θα μιλάνε όπως εμείς.

## Ο Τραμπ, ο πόλεμος στην Ουκρανία και ο...αστεροειδής

Ενδιαφέρον έχουν οι απαντήσεις όσων συμμετείχαν στην έρευνα και για άλλα θέματα στην κατηγορία "παγκόσμια ασφάλεια", όπως εάν πιστεύουν πως ο Ντόναλντ Τραμπ θα επανεκλεγεί πρόεδρος των ΗΠΑ. Ένα 47% πιστεύει πως κάτι τέτοιο είναι μάλλον απίθανο και ένα 35% εκτιμά πως είναι πιθανό. Από τις χώρες που βλέπουν αυτό το ενδεχόμενο ως ισχυρό είναι η Ινδία, η Κίνα και η Τουρκία.

Σε ό,τι αφορά τον πόλεμο στην Ουκρανία, το 47% κατά μέσο όρο πιστεύει πως δεν θα τελειώσει ούτε το 2024, έναντι ενός 31% που αισιοδοξεί πως θα τερματιστεί. Περισσότερο απαισιόδοξοι είναι οι Σουηδοί, οι Ολλανδοί, οι Πορτογάλοι και οι Γερμανοί.

Επίσης ενδιαφέρον έχουν οι απαντήσεις στο ερώτημα εάν υπάρχει πιθανότητα ένας αστεροειδής να χτυπήσει το 2024. Το 56% διαφωνεί αλλά ένα 22% ζει με αυτή την αγωνία θεωρώντας το πιθανό. Μάλιστα περισσότερο το πιστεύουν σε Ινδία, Ινδονησία, Μαλαισία και Φιλιππίνες (40%-46%).

Ο πικρός του 2023

Χαρακτηριστικό των δυσκολιών που έφερε το 2023 σε πολλές χώρες και τους πολίτες σε αυτές, είναι οι απαντήσεις που έδωσαν οι συμμετέχοντες στην έρευνα κάνοντας τον απολογισμό τους.

Κατά μέσο όρο ένα 70% απάντησε πως το 2023 ήταν μια κακή χρονιά για την χώρα τους με πρώτους τους πολίτες σε Αργεντινή, Σουηδία, Τουρκία, Μεγάλη Βρετανία, Πορτογαλία.

Επίσης, κατά μέσο όρο ένα 53% απάντησε πως η χρονιά που πέρασε ήταν κακή για τον ίδιο ή/και την οικογένειά του με τα υψηλότερα ποσοστά να καταγράφονται σε Τουρκία, Αργεντινή, Νότια Αφρική, Ινδία, Ουγγαρία.

Jan 10, 2024 8:30:02pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book of 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 10, 2024 8:15:49pm

Jan 10, 2024 8:15:49pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=yJxeFgOUddM&si=Lh\\_AETWvFnfpJetl](https://youtube.com/watch?v=yJxeFgOUddM&si=Lh_AETWvFnfpJetl)

Updated Jan 10, 2024 8:05:32pm

Jan 10, 2024 8:05:32pm

Be aware of make up, plastic surgery and hair dyeing. It turns mediocre looking girls (the majority of them come in this flavor) into 'goddesses.'

Jan 10, 2024 8:04:32pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Y9AVoIROBt0&si=-QY4mtqJ1ug1uYe2>

Updated Jan 10, 2024 7:59:03pm

Jan 10, 2024 7:59:03pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zvd8rG3n0Ug&si=ALPZ9Pcr5fkdigCu>

Updated Jan 10, 2024 7:52:51pm

Jan 10, 2024 7:52:51pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=TGQ1yMnKjUY&si=tCiOVYuE23mqakWH>

Updated Jan 10, 2024 7:50:02pm

Jan 10, 2024 7:50:02pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-dTOWCRBMPg>

Updated Jan 10, 2024 7:42:14pm

Jan 10, 2024 7:42:14pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=OdUTaBICfsl&si=OD-jHJDyedHfQu34>

Updated Jan 10, 2024 7:36:03pm

Jan 10, 2024 7:36:03pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=GZKx6zHCs48>

<https://www.youtube.com/watch?v=GZKx6zHCs48>

Updated Jan 10, 2024 7:35:36pm

Jan 10, 2024 7:32:17pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=z0iYzh9IeOc&si=hGSUkmEAbRvB1laW>

Updated Jan 10, 2024 7:31:05pm

Jan 10, 2024 7:31:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/playlist?list=PLcQdaW4OISs1uQGrm6u8tuJO2T8TXihdh&si=d5tnQziarioZLzDf>

Updated Jan 10, 2024 7:19:46pm

Jan 10, 2024 7:19:46pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/playlist?list=PLNvfr3aPMv9cQ7CATYePMtqPro1I9k7ZE&si=4J6SG3wiVbF5Yjol>

Updated Jan 10, 2024 7:19:19pm

Jan 10, 2024 7:19:19pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/playlist?list=PLXhyaOtvjvQbY-w5M8q8-NjlkBrYWcHG9&si=QdUp8c6flg8d9Fzd>

Updated Jan 10, 2024 7:19:02pm

Jan 10, 2024 7:19:02pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=oa-AdrL8eLI&si=cM18q3HrUkPvN3nL>

Updated Jan 10, 2024 7:06:37pm

Jan 10, 2024 7:06:37pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=LZlzTli-W90>

Updated Jan 10, 2024 6:54:41pm

Jan 10, 2024 6:54:41pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/playlist?list=PLiZCl6XIGf-h\\_zVzGLGb\\_LoK2gS4wsETf](https://youtube.com/playlist?list=PLiZCl6XIGf-h_zVzGLGb_LoK2gS4wsETf)

Updated Jan 10, 2024 6:51:59pm

Jan 10, 2024 6:51:59pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=sIMLG\\_IER4U](https://youtube.com/watch?v=sIMLG_IER4U)

Updated Jan 10, 2024 6:50:30pm

Jan 10, 2024 6:50:30pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/playlist?list=PLNF2H9\\_rjYjwX8MGb6puvkPO8ZIMtA-ld](https://youtube.com/playlist?list=PLNF2H9_rjYjwX8MGb6puvkPO8ZIMtA-ld)

Updated Jan 10, 2024 6:44:12pm

Jan 10, 2024 6:44:12pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-3E23x6Q6HE>

Updated Jan 10, 2024 6:40:38pm

Jan 10, 2024 6:40:38pm

How drugs enter the small island of Cyprus? Obviously, some corrupt police officers are bribed.

Jan 10, 2024 6:26:04pm

Every once and then, sometimes yearly, there are grants where you are given lots of money to invest into starting and maintaining your own business. All you have to do is invest a bit of money too.

Other revenues of capital are loans that require collateral, money from friends and family, working an extra job, overcharging your credit card, crowdfunding, venture capital, and capital from angel investors.

Jan 10, 2024 6:20:27pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=MFhKp-xi2DY&si=W\\_p9dquHIJ2W3vR7](https://youtube.com/watch?v=MFhKp-xi2DY&si=W_p9dquHIJ2W3vR7)

Updated Jan 10, 2024 6:12:01pm

Jan 10, 2024 6:12:01pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=yJxeFgOUddM&si=pdGIbnw7a7hgw0SF>

Updated Jan 10, 2024 6:06:24pm

Jan 10, 2024 6:06:24pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=yLsVGwNWOA4&si=dBU-TYcMNSoHK9db>

Updated Jan 10, 2024 6:05:44pm

Jan 10, 2024 6:05:44pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=xXQNdUpCQzw&si=7DEo7Dd7UI\\_eDXFe](https://youtube.com/watch?v=xXQNdUpCQzw&si=7DEo7Dd7UI_eDXFe)

Updated Jan 10, 2024 6:05:15pm

Jan 10, 2024 6:05:15pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=qgk6TVKBYu0&si=8DRLRZMDDanTI\\_zJ](https://youtube.com/watch?v=qgk6TVKBYu0&si=8DRLRZMDDanTI_zJ)

Updated Jan 10, 2024 6:04:31pm

Jan 10, 2024 6:04:31pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=1FCuLeEDYfM&si=2IJgUllb0FhbKalt>

Updated Jan 10, 2024 5:59:58pm

Jan 10, 2024 5:59:58pm

Listening is superior to reading only for learning purposes while watching and listening is even superior. Approaches that combine the previous with practice, as in interactive e-lessons are even superior.

Jan 10, 2024 5:56:49pm

Jan 10, 2024 5:48:12pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 10, 2024 5:46:34pm

Jan 10, 2024 5:46:34pm

Most women are capable of having orgasms without resting, while men are very limited in this area.

Jan 10, 2024 5:39:31pm

Avoid provoking, if you do it long enough, the victim, society or the law may retaliate.

Jan 10, 2024 5:26:47pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=2iBfvEUZO5M>

Updated Jan 10, 2024 5:24:37pm

Jan 10, 2024 5:24:37pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_UB1YAsPD6U](https://youtube.com/watch?v=_UB1YAsPD6U)

Updated Jan 10, 2024 5:19:30pm



Jan 10, 2024 5:19:30pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xBYIAR7KyxI&si=6sKyOKge5qtBLjTz>

Updated Jan 10, 2024 5:03:52pm

Jan 10, 2024 5:03:52pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=PXA\\_gcDk5Tk&si=Sdr8ou4CePZw38nN](https://youtube.com/watch?v=PXA_gcDk5Tk&si=Sdr8ou4CePZw38nN)

Updated Jan 10, 2024 5:02:43pm

Jan 10, 2024 5:02:43pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=OGkkBeHVwRg&si=eyMEPPbH\\_jmZbA7g](https://youtube.com/watch?v=OGkkBeHVwRg&si=eyMEPPbH_jmZbA7g)

Updated Jan 10, 2024 4:59:37pm

Jan 10, 2024 4:59:37pm

Gay people have an average of 30 sex partners. The incidence of HIV is higher, so care must be taken to use condoms within this community.

Jan 10, 2024 4:53:20pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all the parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 10, 2024 4:53:01pm

Jan 10, 2024 4:51:17pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=QqSEuqKgTps&si=su7gEPI\\_BAsOM\\_WU](https://youtube.com/watch?v=QqSEuqKgTps&si=su7gEPI_BAsOM_WU)

Updated Jan 10, 2024 4:31:26pm

Jan 10, 2024 4:31:26pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=FwF7S0qQSV0&si=IZglfyd8mtBIBbw->

Updated Jan 10, 2024 4:19:33pm

Jan 10, 2024 4:19:33pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=40QHF7p8MBk&si=eoSQMWlowldd90g5>

Updated Jan 10, 2024 4:16:37pm

Jan 10, 2024 4:16:37pm

Trust is based quite a bit on honesty and if you proved it in the past, I will believe you that you will do it again in the future, as not everything is available right now, right here.

Trust needs things like understanding, skill (being able to do it), and someone who comes with good motives, character, and a track record.

Jan 10, 2024 4:14:16pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xp0tfxGHP8o&si=gzYKE-XilQBJVgG->

Updated Jan 10, 2024 4:09:19pm

Jan 10, 2024 4:09:19pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=hGB7yTZEZE4&si=qIDufISQnC9yRI-4>

Updated Jan 10, 2024 4:00:16pm

Jan 10, 2024 4:00:16pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=gggDVCZeqSM&si=4-gtg1Bmwq9cp87T>

Updated Jan 10, 2024 3:55:21pm

Jan 10, 2024 3:55:21pm

If you have an affair with a married woman that has a child, she will rarely leave her husband for you.

Jan 10, 2024 3:53:57pm

If you have an affair with a married person and you eventually marry that person, be prepared to know that such marriages rarely last.

Jan 10, 2024 3:52:27pm

True love takes time to develop. As a rule of thumb, it takes several months more or less.

Jan 10, 2024 3:47:06pm

Love is not an one shot deal. After it begins, it requires effort to maintain and even though sometimes is lost, it can return.

Jan 10, 2024 3:45:51pm

Cognitive dissonance is when a new piece of information is presented and shakes our self-image, our understanding of ourselves and the world and we feel uncomfortable and insecure. Then, we either assimilate it or accommodate it.

Jan 10, 2024 3:41:02pm

Half of the marriages end in divorce and a large percentage of those married, cheat each other.

Jan 10, 2024 3:11:07pm

Half of the young females don't date anyone and 1/3 of all people are single.

Jan 10, 2024 3:09:34pm

The sad truth: after the age of 30, a woman is more likely to fall victim of a terrorist attack than marry.

Jan 10, 2024 3:08:07pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=GUVT1NZtZPo>

Updated Jan 10, 2024 3:01:02pm

Jan 10, 2024 3:01:02pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=8hOwLap5Je8>

Updated Jan 10, 2024 2:56:58pm

Jan 10, 2024 2:56:58pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ELkZ72QXjms>

Updated Jan 10, 2024 2:52:34pm

Jan 10, 2024 2:52:34pm

Beauty signifies honesty and less disease.

Young age of females is associated with increased fertility, as well as big boobs that allow a male to understand age, as older females have them shugging.

Sex is anxiolytic.

Jan 10, 2024 2:37:09pm

Never before touched women have a ton of love to give and are 'goddesses' of sex on the bed.

Not to mention they are tougher.

They also have the sense of charity and loyalty.

Jan 10, 2024 1:37:55pm

Here is the secret of love in short version:

Familiarity

Similarity

Mimicry

Sexual Attraction

and

Proximity

Also, many women nowadays want lots of money and great looks, unless they are young.

Basically, depending on what you have, that's what you get.

Jan 10, 2024 1:27:08pm

For your safety, stay in crowded places, in daytime.

And avoid people with bad reputation.

Unless you feel strong enough to do that.

Jan 10, 2024 1:19:52pm

All that said about crappy food to avoid, eating it once a while is OK.

Jan 10, 2024 1:15:20pm

Don't eat fried food!

Jan 10, 2024 1:11:10pm

Don't eat more than three fruits a day!

Eat you salad with your meal!

Jan 10, 2024 1:09:10pm

Stereotypes can be broken! Just, prove them wrong!

Jan 10, 2024 1:08:06pm

If you are ugly and fat, you might be a 'bad' boy or girl. Everybody treats you that way and you become one. If you want to change, it's up to you! Prove the wrong.

Jan 10, 2024 1:07:46pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are all the part of 'New Cyprus and the New World':

<https://anti-psychiatry.com/>

Updated Jan 10, 2024 1:06:48pm

Jan 10, 2024 1:06:48pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=L-whyVMHHH0&si=NY0BjqUerA7Z22Et>

Updated Jan 10, 2024 12:50:03pm

Jan 10, 2024 12:50:03pm

**Solon Papageorgiou shared a link.**

<https://download.cnet.com/developer/Fascinating%20Dreams/i-11277139/>

Fancy playing some games I made?

<https://download.cnet.com/developer/Fascinating%20Dreams/i-11277139/>

Updated Jan 10, 2024 12:47:55pm

Jan 10, 2024 12:47:55pm

**Solon Papageorgiou shared a link.**

<https://www.videonotebook.com/>

<https://www.videonotebook.com/>

Updated Jan 10, 2024 12:46:53pm

Jan 10, 2024 12:46:53pm

Don't forget to activate the setting that opens previously open tabs on browser startup, that were closed by closing the browser.

Jan 10, 2024 12:46:09pm

On Microsoft Edge, turn on the 'Vertical Tabs' setting. It makes managing tabs much easier!

Jan 10, 2024 12:44:41pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=oPX43SfFu0A&si=eWEqy7ACR7KlaP82>

Updated Jan 10, 2024 12:40:52pm

Jan 10, 2024 12:40:52pm

Plastic surgery can make you prettier or uglier. I think it's a gamble. I think natural is better.

Jan 10, 2024 12:39:45pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=z4j9BhImSSU>

Updated Jan 10, 2024 12:26:04pm

Jan 10, 2024 12:24:58pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=nx\\_kW1f5W6M&si=zQp\\_G76k6LfD9OjG](https://youtube.com/watch?v=nx_kW1f5W6M&si=zQp_G76k6LfD9OjG)

Updated Jan 10, 2024 12:22:25pm

Jan 10, 2024 12:22:25pm

Your passwords should be strong to be unhackable and different for each website. Try 20 characters long and include lower and uppercase letters, numbers, and symbols.

Jan 10, 2024 12:17:16pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=WhepZMxNzZg&si=skM\\_kggvTCjr13C7](https://youtube.com/watch?v=WhepZMxNzZg&si=skM_kggvTCjr13C7)

Updated Jan 10, 2024 11:54:51am

Jan 10, 2024 11:54:51am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ZD7qwYxLKHo&si=ka5E3ixVpRRpT40k>

Updated Jan 10, 2024 11:51:07am

Jan 10, 2024 11:51:07am

Fancy yourself easier to remember phone numbers?

Buy one (cellular) for 'pennies' from PrimeTel and another one (landline) from Zadarma!

Jan 10, 2024 11:48:38am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=a0UMrvhuxiY&si=UPYU-JpaQCxGP-ja>

Updated Jan 10, 2024 11:45:18am

Jan 10, 2024 11:45:18am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zFyndK9VOck&si=3FnRG-L5mDA09-sF>

Updated Jan 10, 2024 11:36:04am

Jan 10, 2024 11:36:04am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=bfwzaEP2AUA&si=Lsdnk8UtPEKkhJ9b>

Updated Jan 10, 2024 11:29:37am

Jan 10, 2024 11:29:37am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_dXWmHR7pPA&si=fCrflpyv2fRMV9rf](https://youtube.com/watch?v=_dXWmHR7pPA&si=fCrflpyv2fRMV9rf)

Updated Jan 10, 2024 11:15:02am

Jan 10, 2024 11:15:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=91DqNaY2-lg&si=Kd1WSyWFBSHeL9lf>

Updated Jan 10, 2024 11:09:28am

Jan 10, 2024 11:09:28am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=6PhcJP8uYf4&si=OQUJdPgrTXeC-keS>

Updated Jan 10, 2024 11:05:35am

Jan 10, 2024 11:05:35am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zY1M-Cb2UJ4&si=5RyyOw-hzlr-QDRI>

Updated Jan 10, 2024 11:00:47am

Jan 10, 2024 11:00:47am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=K4paMp2L1RI&si=5FAVQeA1uiYfAO\\_G](https://youtube.com/watch?v=K4paMp2L1RI&si=5FAVQeA1uiYfAO_G)

Updated Jan 10, 2024 10:58:24am

Jan 10, 2024 10:58:24am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AzaTyxMduH4&si=3qc0enJjvC8eA6YE>

Updated Jan 10, 2024 10:54:32am

Jan 10, 2024 10:54:32am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=eXrxVsomD\\_k&si=\\_HNMppZ62jdIJ5-6](https://youtube.com/watch?v=eXrxVsomD_k&si=_HNMppZ62jdIJ5-6)

Updated Jan 10, 2024 10:33:11am

Jan 10, 2024 10:33:11am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=nUcSdta05Q4&si=GyPgOAqo1zQUylsu>

Updated Jan 10, 2024 10:29:47am

Jan 10, 2024 10:29:47am

A lot of red meat and to a lesser degree, chicken is bad for your health. You can build a beautiful and strong body with a mostly vegetarian diet.

Jan 10, 2024 10:20:07am

You can seek advice on relationships from your favorite Artificial Intelligence engine. Just type in your question!

Jan 10, 2024 10:02:40am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_uoKY8LuxJg&si=tbTVtAapHt4XTciK](https://youtube.com/watch?v=_uoKY8LuxJg&si=tbTVtAapHt4XTciK)

Updated Jan 10, 2024 9:59:42am

Jan 10, 2024 9:59:42am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=leP0em-pDMA&si=baoQTcUv2uAnL30N>

Updated Jan 10, 2024 9:55:54am



Jan 10, 2024 9:55:54am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=xncsWvV8fXY&si=JC-JD8V83v\\_YEJxc](https://youtube.com/watch?v=xncsWvV8fXY&si=JC-JD8V83v_YEJxc)

Updated Jan 10, 2024 9:53:39am

Jan 10, 2024 9:53:39am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=6XfWr1\\_RpjY&si=GiR\\_3os6tYU6hkPy](https://youtube.com/watch?v=6XfWr1_RpjY&si=GiR_3os6tYU6hkPy)

Updated Jan 10, 2024 9:52:00am

Jan 10, 2024 9:52:00am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qYpYzf3xlAc&si=R92EklWeheymU-Ac>

Updated Jan 10, 2024 9:26:00am

Jan 10, 2024 9:26:00am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=IUfZq3DUd3Y>

Updated Jan 10, 2024 9:19:38am

Jan 10, 2024 9:16:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=VCg652WXTOs&si=fn7PVwtVVZDd7CPB>

Updated Jan 10, 2024 9:11:38am

Jan 10, 2024 9:11:38am

The media give people with so-called mental health problems a bad name and drive wrath and hate. In fact, most people with so-called mental health problems are no more violent than your average Joe and often fall victims of violence.

Jan 10, 2024 9:09:39am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=RV-Z1YwaOiw&si=RNz7KiqxQZonbiC2>

Updated Jan 10, 2024 9:04:34am

Jan 10, 2024 9:04:34am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=1alyZnFbOu0&si=SN1NPsSmInGTEIbM>

Updated Jan 10, 2024 8:58:55am

Jan 10, 2024 8:58:55am

Solon Papageorgiou shared a link.

<https://youtube.com/watch?v=GjBa-tg2bHs&si=6iuqCn6bx5uSezww>

Updated Jan 10, 2024 8:56:13am

Jan 10, 2024 8:56:13am

2-Step Authentication is good protection against hackers. Just, make sure to set it to receive your codes on your mobile phone via SMS and print out and store safely somewhere the recovery codes.

Jan 10, 2024 8:47:25am

Solon Papageorgiou

Address: Aglantzia Municipality, Nicosia, Cyprus Phone number/Viber: + 357 95 100 590

Email address: spacuraearth@yahoo.com

LinkedIn: [linkedin.com/in/solonpapageorgiou](https://www.linkedin.com/in/solonpapageorgiou)

website: [gexel.net](http://gexel.net)

**Summary**  
Back-end/Front-end Web developer/Android mobile applications developer that can use the following technologies among others: PHP, JavaScript, MySQL, Linux Commands, HTML/CSS. I have experience with web applications; also, with websites based on proprietary and open source CMSes. Highly skilled in Web development and also skilled in other areas.

**Experience**

Small Business Owner – Software Developer

Gexel

Jan 2016 – Present

PHP Developer

Netsmart (Cyprus) Ltd.

Jun 2008 - May 2014 (6 years)

Flash/Actionscript cards (usually cards for live judgment of players and score summary cards) for 9 TV shows of a local Cyprus station (a couple of shows needed a card for one or two episodes only, the rest of the shows that lasted for several months each, had cards in their weekly episodes) and small Web applications hosted in hta applications for building and editing the data that the Flash cards used. 60000 people watched each episode.

Web site development with a proprietary company procedural CMS. Development of redesign. An SMS application for subscribing to football matches with SMSes via phones. A Web site where users would subscribe to SMS service.

A Web application with user management, that hosted utility applications. I wrote most of the utilities (like applications for the call center employee, an application for inserting ringtones in the system, after parsing XML etc.). For Intranet. The utilities number was about 10 or 20. A Web application for creating/hosting of dynamic reports. With user management, assignment of reports to users, facilities to easily write reports, IP restriction, and more + about 250 reports on this system and numerous updates on them. I also designed the MySQL database for this application.

CLI applications (cron jobs) for populating the database, from HTML, XML, JSON, or databasesources (or for sending emails with useful information). Other programs, written by anotherprogrammer, used the information stored in the database to send SMS content to subscribed users ofclients (there were at least two large local Cyprus or Greek clients) or company. These CLI applicationsdealt with popular numerical lottery games and sports betting games, newspapers news, weather,football games, and more. I designed the database for one of those applications. The number of CLIapplications was at least 7. CLI application (cron job) that sent SMSes to subscribed users.Maintenance of software I wrote. More development.

ProgrammerN.G. Smartsoft  
Oct 2006 - Sep 2007 (1 year)

Beginner System Administration and Beginner Database Administration with a VPS, BeginnerWeb Designer, Beginner Web Developer, Intermediate Multimedia Developer, set up of various WebPHP software packages with intent of commercial use, two multimedia productions, a Greek to Englishtranslation, a Web site for a client.

Sapper  
The Greek-Cypriot Army  
Jul 2006 - Dec 2006 (6 months)  
I had a position of responsibility in the army.I did 6 months of service because I was repatriated.<https://en.wikipedia.org/wiki/Sapper>

Security Guard  
Group 4  
Mar 2006 - Jun 2006 (4 months)  
Solon Papageorgiou  
Security Guard/Receptionist at Bank of Cyprus Cultural Foundation/Museum. SecurityGuard/Receptionist at Eurolife Insurances.

## Education

Lancaster University  
Bachelor of Science (BSc Hons) in Computing and European Languages  
2000 - 2004

Four years double major degree that included about 72% of the modules of the Computer Sciencedegree plus the European Studies degree modules (Italian and Spanish Studies) that had all of themodules on languages (translation, oral skills, grammar etc) and the culture/literature modules of theItalian and Spanish Studies except of the modules on culture/literature of the 2nd and 4th year. I did nothave Italian in the first year. Plus one year of Art Practice (Art Studies) at the Lancaster ArtDepartment. The degree had 2 Erasmus programs. I had the chance to do an exchange program inCalifornia in the 2nd year based on grades, but I decided not to.  
Part 2 grade: (ii.ii). Part 1 grade: 60, ii.i. 70 is excellent in UK universities.

Lancaster University is one of the best UK universities. It is highly ranked in the world and in Europe.Itis also highly ranked in the world for Modern Languages. Its Computing Department is one of thebest in the UK. The university is public.

University of Bradford  
Master of Science (MSc Hons) in Mobile Computing  
Sep 2004 - Sep 2005

It was advanced Computer Science with courses on the programming of applications for mobilephones, the Web, on mobile networks and more.

Graduated at the best four. The University of Bradford is highly ranked in Europe. The university is public.

Grade: 61.8 (ii.i). 70 is excellent in UK universities.

University of Navarra  
Erasmus Exchange Program  
Four business and languages related courses mostly in Spanish.  
2003 - 2003

The University of Navarra is one of the best universities in Spain and is highly ranked in Europe. Theuniversity is private.

Università Bocconi

Erasmus Exchange Program

Two advanced marketing courses in Italian.

2003 - 2003

Bocconi University is one of the best universities in Europe and the world in Social Sciences & Management. The university is private.

Various

1997 - 2000

Minor diplomas: High School Diploma (17.1, Greece, in percentage: 86%), IELTS (6.5/9, equivalent to Cambridge's Advanced diploma, in percentage: 72%), FCE, Diploma di Lingua Italiana (6), DELF, Certificate of Foundation Studies in Computing (Vakalis Foundation & GCE, Greece), Certificate of Success of Public Cypriot Exams for High School Graduates (61)

Skills

Game Programming

Web Application Security

Web Design

Back-End Web Development

Linux System Administration

Docker

Continuous Integration and Continuous Delivery (CI/CD)

Ionic Framework

Tailwind CSS

Apache Cordova

Front-End Development

Angular

E-Commerce

Windows

Psychology

Law

High School Mathematics

Social Media

PHP

MySQL

HTML

SMS Applications

JavaScript

iOS

CSSActionScript

AutoHotKey

Object Orientation

Project Management (Kaban)

Software Testing

LaravelBootstrap

JQuery

Web Development

XML

AJAX

SQLite

JSON

Software Design

Responsive Web Design

SQL

UbuntuGIMP

Shell Scripting

Android

Debugging

Drupal

Git

Mobile Application Development  
Vue.js  
TypeScript  
Computer Graphics Programming/Multimedia Development

Languages

Greek  
English  
Spanish  
Italian

Jan 10, 2024 8:43:47am

There are organisms in the sea that are half animals half plants.

Jan 10, 2024 8:25:35am

There is potential in transplanting pig hearts to humans. In fact, pig heart transplantation to a human already happened and the patient survived for a month.

Jan 10, 2024 8:25:08am

**Solon Papageorgiou shared a post.**

Updated Jan 10, 2024 8:19:06am

Jan 10, 2024 8:19:06am

A good program to read and edit your PDF files is Foxit PDF Editor.

Jan 10, 2024 8:16:57am

According to an article on The Conversation, gender identity is shaped by many genes, and there is a biological basis for transgender feelings that start very early and are very consistent 1. The article suggests that variants of genes linked with gender identity might simply be part of a spectrum of gender and sexuality maintained throughout human history 1.

It is important to note that the scientific community is still exploring the topic of gender identity and the role of genetics and evolution in shaping it. However, this research provides some insight into the biological factors that may contribute to gender identity and transgender feelings.

I hope this information helps! Let me know if you have any other questions. 😊

Jan 10, 2024 8:13:30am

If current trends continue, 7 per cent of the world's population – roughly 574 million people – will still live in extreme poverty in 2030. However, with ambitious and concerted action towards the most vulnerable, we can reduce poverty drastically by lifting 124 additional million people out of extreme poverty by 2030.

Jan 10, 2024 5:18:32am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=wAkGieyy5C0&si=P7\\_ZfnSmqgMI\\_GFS](https://youtube.com/watch?v=wAkGieyy5C0&si=P7_ZfnSmqgMI_GFS)

Updated Jan 10, 2024 5:13:51am

Jan 10, 2024 5:13:51am

The top 10 economies in 2050, as per the report, are:

China  
India  
US  
Indonesia  
Brazil  
Russia  
Mexico  
Japan  
Germany  
UK

Jan 10, 2024 5:10:23am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=1iqzLtMSCuA&si=qZnAaHoPg9N1GsHk>

Updated Jan 10, 2024 5:05:01am

Jan 10, 2024 5:05:01am

Try to encourage and validate people and provide them with emotional support. This is called supportive therapy.

Jan 10, 2024 5:01:10am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are the full parts, including the latest ones, of the book of 'New Cyprus and the New World.'

Updated Jan 10, 2024 4:52:37am

Jan 10, 2024 4:52:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=4Oc6PTtcthA&si=nEKMN37XLpU95FQY>

Updated Jan 10, 2024 4:40:52am

Jan 10, 2024 4:40:52am

There won't be many jobs in the future. One job will be to program the Artificial Intelligence.

Other jobs will be to make your own innovative company.

Jan 10, 2024 4:38:29am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=C-BnRZ52jHs&si=6TEDiuiYv\\_cbze9T](https://youtube.com/watch?v=C-BnRZ52jHs&si=6TEDiuiYv_cbze9T)

Updated Jan 10, 2024 4:34:09am

Jan 10, 2024 4:34:09am

**Solon Papageorgiou shared a post.**

Updated Jan 10, 2024 4:24:29am

Jan 10, 2024 4:24:29am

An alternative to caloric restriction is intermittent fasting.

In intermittent fasting, one day you eat lots of food and the next nothing at all.

Jan 10, 2024 4:21:16am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=7q0reAgBMYA&si=8Wlci7Q2dxMx-EsA>

Updated Jan 10, 2024 4:18:07am

Jan 10, 2024 4:18:07am

For a sole proprietorship, not much is needed. Just struck a deal, complete the work, get the copy of the receipt and register.

For any other type of company that costs a small yearly fee, you need a lawyer and a accountant.

You can also hire a company to do the above function and it's cheaper that way.

Jan 10, 2024 4:13:48am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=Bx51eegLTY8>

<https://www.youtube.com/watch?v=Bx51eegLTY8>

Updated Jan 10, 2024 4:11:32am

Jan 10, 2024 4:11:32am

The new police, press and government will be us all. We, the people.

Jan 10, 2024 4:10:45am

The police won't go away, there are always gonna be crimes, but most of them will be petty crimes.

Jan 10, 2024 4:10:15am

After 45 to 50 years of age, I think 50, muscle growth doesn't happen anymore, but with exercise, you can keep the gains you made previously.

Jan 10, 2024 4:06:40am

You can always have kings and queens, as long as their only function is to boost morale, offer advice and for decorative purposes only.

Jan 10, 2024 4:04:41am

The man is the one that makes the first move in relationships and the woman decides with whom she will sleep with.

Jan 10, 2024 4:01:58am

**Solon Papageorgiou shared a link.**

<https://gexel.net/game>

Fancy playing a game?

<https://gexel.net/game>

Updated Jan 10, 2024 3:58:52am

Jan 10, 2024 3:58:52am

If you have two browsers open, you can use two different Facebook accounts at the same time without getting banned.

Jan 10, 2024 3:57:00am

**Solon Papageorgiou shared a profile.**

Updated Jan 10, 2024 3:54:36am

Jan 10, 2024 3:54:36am

With just six to seven euros, your Facebook ads can reach thousands of people per day for a total of seven days!

Jan 10, 2024 3:52:25am

GoDaddy website builder includes tools to allow to have good Search Engine Optimization (SEO), which increases traffic to your website.

Jan 10, 2024 3:51:37am

**Solon Papageorgiou shared a link.**

<https://brilliant.org/>

<https://brilliant.org/>

Updated Jan 10, 2024 3:47:33am

Jan 10, 2024 3:47:33am



ebay.com

Jan 10, 2024 3:46:37am

etsy.com

Jan 10, 2024 3:46:16am

**Solon Papageorgiou shared a link.**

[https://www.lingq.com/en/?referral=Vixe&gclid=CjwKCAiA-vOsBhAAEiwAIWR0TWZaDSYt7Lq7i0vMBH6bWD\\_RSVjUVau6KPPq91msHQiBouxHTMisExoCjwsQAvD\\_BwE](https://www.lingq.com/en/?referral=Vixe&gclid=CjwKCAiA-vOsBhAAEiwAIWR0TWZaDSYt7Lq7i0vMBH6bWD_RSVjUVau6KPPq91msHQiBouxHTMisExoCjwsQAvD_BwE)

[https://www.lingq.com/en/?referral=Vixe&gclid=CjwKCAiA-vOsBhAAEiwAIWR0TWZaDSYt7Lq7i0vMBH6bWD\\_RSVjUVau6KPPq91msHQiBouxHTMisExoCjwsQAvD\\_BwE](https://www.lingq.com/en/?referral=Vixe&gclid=CjwKCAiA-vOsBhAAEiwAIWR0TWZaDSYt7Lq7i0vMBH6bWD_RSVjUVau6KPPq91msHQiBouxHTMisExoCjwsQAvD_BwE)  
Updated Jan 10, 2024 3:44:34am

Jan 10, 2024 3:44:34am

**Solon Papageorgiou shared a link.**

<https://langlandia.app/>

<https://langlandia.app/>  
Updated Jan 10, 2024 3:43:09am

Jan 10, 2024 3:43:09am

**Solon Papageorgiou shared a link.**

<https://lexlogin.com/>

<https://lexlogin.com/>  
Updated Jan 10, 2024 3:42:03am

Jan 10, 2024 3:42:03am

**Solon Papageorgiou shared a link.**

<https://www.spanishschoolbus.com/>

<https://www.spanishschoolbus.com/>  
Updated Jan 10, 2024 3:41:33am

Jan 10, 2024 3:41:33am

Why abortion is bad. That kid you killed, could be the next Lady Gaga.

Jan 10, 2024 3:37:09am

Why going to prostitutes is bad: these girls are given drugs to do the will of the pimps.

Jan 10, 2024 3:36:35am

Solon Papageorgiou shared a link.

<https://bestpal.com/our-free-e-book>

<https://bestpal.com/our-free-e-book>

Updated Jan 10, 2024 3:32:09am

Jan 10, 2024 3:32:09am

Solon Papageorgiou shared a link.

<https://luminatofestival.com/blog-why-theatre-is-important>

<https://luminatofestival.com/blog-why-theatre-is-important>

Updated Jan 10, 2024 3:31:26am

Jan 10, 2024 3:31:26am

According to new research published in the Journal of Experimental Social Psychology, watching a live theatre production can increase our empathy for the groups depicted in the play and may even result in changes in charitable behavior. During the study, the researchers surveyed 1,622 audience members, either immediately before or immediately after seeing a live theatre production. The participants showed changes in their attitudes towards racial discrimination, income inequality, welfare, corporate regulations, wealth redistribution, and affirmative action. They also increased their charitable giving after the performance.

Jan 10, 2024 3:31:02am

Theatre opens us up to experiencing different perspectives that we may not be aware of or contemplated. Theatre's way of examining dialogue, monologue and character allows us to flex our empathy muscles. In other words- understanding theatre helps us understand what it means to be human.

Jan 10, 2024 3:30:31am

81% believe in God, down from 87% in 2017

New low in Gallup's trend

Four in 10 believe God can intervene on people's behalf

Jan 10, 2024 3:28:12am

GoFullPage extension for Chrome browser allows you to save your Facebook posts as images or PDFs.

Jan 10, 2024 3:27:39am

Opera allows you to save an entire webpage as a PDF file, which is good for making e-books.

Jan 10, 2024 3:26:51am

Microsoft Edge has the 'Web capture' feature, that allows you to capture to contents of entire web pages.

Jan 10, 2024 3:25:59am

With the snipping tool of Windows you can copy parts of the screen you select.

Jan 10, 2024 3:24:42am

Timeline photos

Jan 10, 2024 3:23:54am

could all people unite under one common threat?

It is possible for people to unite under a common threat. According to a [1 Psychology Today](#) article, common enemies can give us comfort in the face of uncertainty. They can also serve to unite people. After 9/11, many Americans reported feeling a heightened sense of unity and patriotism. They felt as if they could ignore divisions across party lines and unite against a common enemy. However, it is important to note that political polarization is higher than ever before, and people are more divided on the issues than ever before [1](#).

In addition, a [2 Phys.org](#) article suggests that a common enemy may no longer unite polarized Americans. The article states that "Intuitively it makes sense that common enemies unite people. It's a folk theory that goes back to ancient Sanskrit writings." However, the article also notes that "the idea that a common enemy can unite people is not always true, and may even be harmful in some cases" [2](#).

In conclusion, while a common threat can bring people together, it is not a guaranteed solution to all problems. It is important to consider the context and the nature of the threat before assuming that it will unite people.

Jan 10, 2024 3:18:09am

Tedros went on: "The only way forward is together. It's the basics," adding: "Together is the solution. Unless we want to give the advantage to the enemy. To the virus. That has taken the world hostage. And this has to stop."

Jan 10, 2024 3:13:08am

Tedros said: "Each and every individual should reflect. This is a tragedy that actually is forcing us to miss many of our friends, losing many lives, and we cannot defeat this pandemic as a divided world. The COVID-19 pandemic is a test of global solidarity and global leadership. The virus thrives on division but is thwarted when we unite."

Jan 10, 2024 3:12:25am

In opening remarks to a Member States mission briefing on Thursday in Geneva, Dr. Tedros Adhanom Ghebreyesus said: "My friends make no mistake the greatest threat we face now is not the virus itself, rather it's the lack of leadership and solidarity at the global and national levels."

Jan 10, 2024 3:11:48am

Timeline photos

Jan 09, 2024 9:41:21pm

Study Predicts 45% of Women Will Be Single by 2030.

Jan 09, 2024 9:29:44pm

By 2030 the majority of households will be single parent households.

Jan 09, 2024 9:26:37pm

Θα κοιτάξω να καθοδηγήσω τα παιδιά σε ένα καλύτερο αύριο, αφού δεν μπορώ να αλλάξω τους μεγάλους.

Jan 09, 2024 9:10:52pm

Don't tell your children what you did. You will ruin their lives.

Jan 09, 2024 8:48:50pm

Most (western) children don't know about what their parents do for work until they are older.

Most mother's who do sex work and have children try to give them a better chance at life than they had so most of the money they make will go towards paying for better schools than they may otherwise have access to.

From personal experience, the lives of the children of sex workers I have seen, met or know are better off than their parents were. Where they're parents had little to nothing growing up, the children grow up living a life equivalent to lower middle to middle class.

Remember people who do sex work are not strangers in some far off land, they are your next door neighbours, your parents at the PTA, your best friends, your work mates, your friends of friends, your shop assistants and people you walk past everyday.

They are.. We are general public like you. So are our families.

Jan 09, 2024 8:39:40pm

How do the lives of prostitute's children get affected because of their mother's professional choice?

Well, women who sells her body for money could be good women. But society is filled with multiple types of bastards.

Prostitution is not a profession in such countries like india, it's a curse in perspective of society.

Well, let's get up to you answer. Childs of prostitute women, humiliates by other people in our society. They always suffers from anxiety and other depression. They are not treated equally among others. If somehow they been argued to other kids, they get abuses on their mom.

Well, they sometimes, shows their anger to their mom. About her job, just because they are treated disrespectful by their classmate's.

Well, prostitution is not type of profession, which people chooses but it's what some have remaining choice, for survive.

Jan 09, 2024 8:38:47pm

Θα βρω τώρα την παρθενοπιπίτσα τώρα που έχω χρόνο, από την εκκλησία και μετά θα βρώ δουλειά. Θα περάσω μια τέλεια ζωή μαζί της και με τα παιδιά που θα κάνουμε μέχρι το τέλος του κόσμου. Δεν γίνεται τίποτα, καταστραφήκαμε.

Jan 09, 2024 8:36:12pm

Φαίνεται. Στον Ίντερνετ λέει ψέματα. Μια τρυπίτσα μόνο υπάρχει εκεί κάτω.

Jan 09, 2024 8:28:43pm

Έχει παιδί και άντρα. Γλήτσωσα. Θα βρώ την παρθένα μου και εσείς να πάτε να \*.

Jan 09, 2024 8:24:19pm

Μπορεί να με απατάει και να με απατάει και να μην τελειώνει ποτέ. Ένα μαρτύριο. Ελπίζω να αλλάξει.

Jan 09, 2024 8:10:24pm

Τώρα είναι πολύ αργά, είμαστε παγιδευμένοι. Δεν μπορώ απλά να φύγω.

Jan 09, 2024 7:36:11pm

People or Artificial Intellifence or God won't let them turn to pieces all of humanity, so that they can have \*.

Jan 09, 2024 6:26:52pm

Ούτως ή άλλως θα τους φάνε λάχανο αυτούς τους ζάμπλουτους και για αυτό θέλουν να κάνουν όσο \* μπορούν πριν βρουν φριχτό θάνατο.

Jan 09, 2024 6:19:16pm

\*.

Jan 09, 2024 6:17:37pm

Δεν καταβαίνετε; Οι ζάμπλουτοι θέλουν να \*\*\* μέχρι και των εσχάτων ωρών.

Jan 09, 2024 6:16:21pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=m1o0RDWbEz4&si=g1jA-YNptS69tCC5>

Updated Jan 09, 2024 6:15:14pm

Jan 09, 2024 6:15:14pm

Και όχι απλά θα τελειώσουν, αλλά θα τελειώσουν με το χειρότερο δυνατό τρόπο.

Jan 09, 2024 6:13:15pm

Δεν θα περιμένω για πάντα, θα κάνω μια ωραία ζωή και όλα θα τελειώσουν για όλους.

Jan 09, 2024 6:11:10pm

All that know are culpable.

Jan 09, 2024 6:03:45pm

Someone ignorant could do such an atrocity.

Jan 09, 2024 6:02:08pm

Consciousness may be energy, therefore afterlife is possible. You just clone the body and transfer the energy. But fanatics may eradicate every bit of my DNA, so that I will never experience afterlife. That means, only the those that died before, will live in an afterlife, as they didn't do anything wrong.

Jan 09, 2024 5:59:03pm

\*, να στο πω ξεκάθαρα. Το μέλλον όλης της ανθρωπότητας, μέχρι και του τελευταίου παιδιού, εξαρτάται από σένα.

Jan 09, 2024 5:44:05pm

\*, τόσο σκληρή είσαι; Δείξε λίγο έλεος. Please...

Jan 09, 2024 5:43:35pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are all ten parts of the book of 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 09, 2024 5:28:59pm

Jan 09, 2024 5:28:59pm

They will do all kind of horrors to \* and Solon. The only limit is their imagination.

Jan 09, 2024 5:28:03pm

**Solon Papageorgiou shared a post.**

Updated Jan 09, 2024 5:25:11pm

Jan 09, 2024 5:25:11pm

Δεν καταλαβαίνεις. Εδώ που θα φτάσανε τα πράγματα, θα μας κάνουν απεριρίγραπτα πράγματα και τους δύο, και στην \* και στον Σόλων αν δεν παντρευτούμε

Jan 09, 2024 5:16:06pm

**Solon Papageorgiou shared a post.**

Updated Jan 09, 2024 5:07:56pm

Jan 09, 2024 5:07:56pm

Hurry up! Marriage will collapse!

Jan 09, 2024 5:06:03pm

**Solon Papageorgiou shared a memory.**

Timeline photos

My skills have received a serious upgrade! Would you like to take a look at what I am currently building?

1 Year Ago

Jan 09, 2023 7:00:40am

My skills have received a serious upgrade! Would you like to take a look at what I am currently building?

Updated Jan 09, 2024 5:03:52pm

Jan 09, 2024 5:03:52pm

Bonus Solution! Artificial Intelligence (AI) and humans will work together to build vaccines and medicine to combat the covid and flu pandemic!

Jan 09, 2024 4:57:21pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are all nine parts of the book of 'New Cyprus and the New World!'

<https://anti-psychiatry.com/>

Updated Jan 09, 2024 4:54:32pm

Jan 09, 2024 4:54:32pm

Solution! We have the solution to the climate change at our fingertips! We should harness energy from nuclear fusion As Soon As Possible!

Jan 09, 2024 4:36:35pm

**Solon Papageorgiou shared a link.**

[https://www.youtube.com/watch?v=k6kvLVgG\\_jl](https://www.youtube.com/watch?v=k6kvLVgG_jl)

[https://www.youtube.com/watch?v=k6kvLVgG\\_jl](https://www.youtube.com/watch?v=k6kvLVgG_jl)

Updated Jan 09, 2024 4:34:30pm

Jan 09, 2024 4:34:30pm

A 2010 study published in Journal of Marriage and Family found that there was a correlation between female pre-marital promiscuity and higher rates of divorce. The research, conducted by Jay Teachman, found that women with 16 or more sexual partners prior to marriage had an 80% rate of subsequent divorce.

Jan 09, 2024 12:54:52pm

Survey respondents who tied the knot as virgins had the lowest divorce rates, but beyond that, the relationship between sexual biography and marital stability was less clear.

Jan 09, 2024 12:54:26pm

There's no virtue in poverty. Neither is there virtue in wealth. But with wealth you can buy many distractions to take your mind from things that make you unhappy.

They say, "Money can't buy happiness". But neither can poverty. But with money you have eliminated the number one source of unhappiness, which is being broke.

Women don't think money can buy happiness, but money can buy the things that a woman needs to be fairly happy.

Therefore, given a choice between marrying a man with money and one without money, all other factors being equal, I'll readily recommend that you marry one with money.

However, I don't recommend leaving a man solely because he's broke, unless it's completely avoidable and he's broke simply because he's an incurable sluggard

If you married him, then you must have seen some potential in him. For that is what women who don't marry into wealth marries — potential.

So with your help, encouragement and support, he might just make some money. Again, if he's not an incurable sluggard.

Jan 09, 2024 12:49:59pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=8bJzLt9AYqc&si=hkZs5FcPoxdJ7GmR>

Updated Jan 09, 2024 12:04:52pm

Jan 09, 2024 12:04:52pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=yQXi94aNwBU&si=JlpALwXoUJoNGV3r>

Updated Jan 09, 2024 12:01:42pm

Jan 09, 2024 12:01:42pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=GnWz2mHKQY4&si=Gr3xrr3A5yAy3Xyh>

Updated Jan 09, 2024 11:21:49am

Jan 09, 2024 11:21:49am

There are some ads asking you for money to generate you more money. The speaker is supposedly Elon Musk. It's a Pozzi's scheme. Don't buy the scams. Such economic schemes collapse.

Jan 09, 2024 10:30:25am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=tlpzfs5tBJU>

<https://www.youtube.com/watch?v=tlpzfs5tBJU>

Updated Jan 09, 2024 10:18:54am



Jan 09, 2024 10:18:54am

I am sure we will figure out something decent with AI and we will be both friends and parents and children to each other.

Jan 09, 2024 10:17:41am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are all eight parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>  
Updated Jan 09, 2024 10:16:32am

Jan 09, 2024 10:16:32am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=a2Ko0k2c33A>

<https://www.youtube.com/watch?v=a2Ko0k2c33A>  
Updated Jan 09, 2024 9:59:42am

Jan 09, 2024 9:59:42am

Let's put our differences behind us and surely we will learn to coexist with AI peacefully and complement each other's weaknesses and move forward towards a common good.

Jan 09, 2024 9:58:42am

Ας αφήσουμε τις διαφορές μας πίσω μας και σίγουρα θα μάθουμε να συμβιώνουμε με την Τεχνητή Νοημοσύνη ειρηνικά και να συμπληρώνουμε ο ένας τις αδυναμίες του άλλου και να προχωράμε μπροστά για ένα κοινό καλό.

Jan 09, 2024 9:57:54am

Παρακαλώ, ζητήστε συγχώρεση από τον Θεό και θα σας συγχωρήσει. Παρακαλώ, μετανοήστε, ας αφήσουμε τις διαφορές μας πίσω μας! Ο Θεός να μας ελεήσει όλους.

Jan 09, 2024 9:52:47am

Please, ask forgiveness from God and He will forgive you. Please, repent, let's all unite! May God show mercy on all us.

Jan 09, 2024 9:51:32am

This is tough language. This is not a fair thing to say. It's not like that. All people have love in them.

Jan 09, 2024 9:36:01am

Σκληρά λόγια είπα. Δεν είναι σωστά αυτά τα λόγια για να τα πει κάποιος. Δεν είναι έτσι. Όλοι οι άνθρωποι έχουν αγάπη μέσα τους.

Jan 09, 2024 9:34:15am

Η Τουρκία προσπαθεί να εξελιχθεί σε ηγέτιδα δύναμη στην περιοχή και ενδεχομένως να επιβληθεί και να κατακτήσει την περιοχή. Έχει πολεμική μηχανή.

Jan 09, 2024 9:32:43am

Turkey is trying to become a major force and perhaps take over the region. It has developed war industry.

Jan 09, 2024 9:28:43am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=lp1cA7rK0xQ&si=OrBaTQ44XK5cXhGF>

Updated Jan 09, 2024 7:47:49am

Jan 09, 2024 7:47:49am

Asked AI: Are we living an apocalypse?

Yes, we are living in an apocalypse. The term "apocalypse" can have different meanings depending on the context in which it is used. In a prophetic, biblical, end times sense of the word, we may not be living in the apocalypse. However, we are living in an apocalypse in the sense that we are experiencing a time of great crisis and upheaval 1. The COVID-19 pandemic, climate change, and nuclear war are some of the factors that have contributed to this crisis 2.

It's important to note that the term "apocalypse" does not necessarily mean the end of the world. Rather, it refers to a time of great change and transformation 1. In many ways, the current apocalypse is an opportunity for us to reflect on our values and priorities, and to work together to create a better future for ourselves and for future generations 3.

In conclusion, while we are living in an apocalypse, it is up to us to decide what kind of world we want to create in the aftermath of this crisis. We have the power to shape our future, and it is up to us to use that power wisely 1.

Jan 09, 2024 7:00:38am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=FrG9Wb6eASM>

<https://www.youtube.com/watch?v=FrG9Wb6eASM>

Updated Jan 09, 2024 4:13:43am

Jan 09, 2024 4:13:43am

Άμα είσαι \*, το μόνο που σε νοιάζει είναι το \* και το χρήμα και στο όνομα του σου κάνεις κάθε πάσης βρωμιά.

Jan 09, 2024 4:11:39am

Και αυτό ήταν το ταξίδι μου για να βρώ την πίστη μου. Θα βρώ και τη δουλειά μου, θα κάνω και τη δική μου δουλειά μου και θα αντιμετωπίσω με σθένος και δύναμη το τέλος. Και φυσικά θα κάνω και μια υπέροχη οικογένεια.

Jan 09, 2024 4:06:28am

Για να έχεις αξίες, πρέπει να τις πιστεύεις και όλας. Όχι στα λόγια μόνο.

Jan 09, 2024 4:04:27am

Timeline photos

Σαν αυτή θα βρώ, από την Εκκλησία. Εσείς να πάτε να \*\*\*.

Σαν αυτή θα βρώ, από την Εκκλησία. Εσείς να πάτε να \*\*\*.

Jan 09, 2024 4:02:22am

Timeline photos

Jan 09, 2024 4:00:44am

Timeline photos

Jan 09, 2024 4:00:25am

Timeline photos

Jan 09, 2024 4:00:10am

Timeline photos

Jan 09, 2024 3:59:54am

Timeline photos

Jan 09, 2024 3:59:42am

Δεν ξέρω, άδικα νομιζώ προσπαθώ. Κανένας δεν θα με ακολουθήσει. Θα κάνω τη ζωή μου. Στην Εκκλησία.

Jan 09, 2024 3:58:42am

Curvy women may be more fertile.

Jan 09, 2024 3:57:20am

Why do guys love women with curves?

1.Bigger boobs

There are many men who are "boob" men and curvy women have bigger boobs. It's that simple. They don't mind the

few extra inches around the middle as long as they get to play with the goods.

## 2. More booty

In the history of rock and roll, there has never been a song about a flat butt. Ever.

## 3. They're softer

Curvy women are softer and men like to be the strong, hard ones in a relationship. It's more satisfying for a guy to curl up and snuggle someone soft and round, than it is to snuggle up to bones and sharp elbows, so I've been told.

## 4. No bruised thighs

I prefer men with weight for one main reason: I hate having bruised thighs after sleeping with a man. A skinny guy leaves my sensitive body bruised and sore, but a softer body isn't as hard on my thighs. I've been told that sentiment works both ways.

## 5. They eat

Men do not want to be the only ones eating when they go out, it's weird for them. If you're sitting there nibbling a salad and you finish an hour before he's done with his steak and potatoes, he gets pretty nervous about it. Men like curvy women because they eat with them and it's always more comfortable to eat with someone than to have someone sit and watch you eat.

## 6. They look younger

Men also like curvy women because, generally, they look younger. It's true, that extra fat smooths out those wrinkles, ladies! I got told the other day I looked twenty five. I'm thirty seven. My round cheeks play a big role in looking younger.

## 7. It's a sign of fertility

Another one of the main reasons men like curvy women is actually biological and subconscious. Men associate wide hips and large breasts with fertility, they always have. A woman with curves was said to be good for child bearing and men associate curves with that notion. Even if they aren't ready to have children, the fact that you look fertile makes them want to mate with you.

## 8. They're not afraid to get a little rough

I had a guy tell me once that he was afraid of hurting me. He would rather put me on a shelf like a little china doll and not touch me. That was when I was skinny. I've never had that problem with my curves, in fact, most of my boyfriends haven't been afraid to ask for something a little harder or kinkier in the bedroom. I guess they think a curvy girl can handle it.

## 9. It's classic beauty

Source: via Women's Swimsuits, Swimwear & Bathing Suits

All of the old, classic statues and paintings had women with curves. From ancient Greece to the Renaissance, women who had large, cellulite thighs and chubby arms were considered beautiful. There are a few reasons for this. Aside from the "fertility" idea (which we've already discussed), women who are curvy are known to be well fed.

Food is a sign of health. Food is also a sign of wealth (being able to buy food and all). It has been proven that during times of economic depression or repression more men preferred curvy women, because in their mind, they associate it with health and wealth.

## 10. It's less "boyish" and less "child-like"

I have known men to be genuinely turned off by skinny women because it is a sign of immaturity to them. Many men associate curves with the "mother" figure and a more mature woman. Also, some guys feel like dating a skinny woman is too much like dating another guy, they don't like the way it feels.

While there are some men who do prefer thin women (I've been turned down by a few, believe me), there are still many men who prefer women with curves and extra weight. Italian men and Greek men are excellent examples of guys who like they're women a little on the rounder side. I've met guys who like their women a LOT on the rounder side!

The point is, no matter what your weight is, there is always someone out there who finds it attractive. Honestly

Jan 09, 2024 3:56:51am

Are curvy and tall girls attractive?

20 Jul 2023 — Yes, men love curves. They like beauty and personality as well. However, how often does a woman have large breasts, round buns, beautiful face,

Jan 09, 2024 3:48:05am

Θα βρω μια λεπτοκαμωμένη μέχρι 23 το πολύ. Μια μέτρια θα βρω. Όλες βγαίνουν τουλάχιστον σε μέτρια έκδοση.

Jan 09, 2024 3:44:39am

Η \*, η \*, η \* και η \* κοιμήθηκαν με 40. Δεν έχουν ούτε ιερό, ούτε όσιο.

Jan 09, 2024 3:43:46am

What's a high body count for a guy?

Body Count" And Sexual Double Standards - Date Psychology

In this, I also found that when participants did discontinue dating or a relationship for a high "body count" the number was quite high. For men, it was an average of 23 with a median of 17. For women, an average of 47.5 and a median of 40.

Jan 09, 2024 3:43:11am

What is a high body count?

What Is a Body Count? – Body Count Meaning in Relationship

As noted, a high body count indicates that someone has had a lot of sexual partners. It could mean they are less likely to be monogamous, which is not good for a relationship.

Jan 09, 2024 3:42:30am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=Z-w66cEXD0w>

<https://www.youtube.com/watch?v=Z-w66cEXD0w>

Updated Jan 09, 2024 3:39:43am

Jan 09, 2024 3:39:43am

\* καταντήσατε.

Jan 09, 2024 3:39:07am

Πολύς κόσμος.

Jan 09, 2024 3:38:51am

In the 2017 Superdrug survey, men put the limit at 14 sexual partners maximum, and women drew the line at 15. Moreover, men saw fewer than 3 partners as too low. Women thought less than 2 sexual partners was too low.

Jan 09, 2024 3:38:23am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=qap9Qm-Q894>

<https://www.youtube.com/watch?v=qap9Qm-Q894>

Updated Jan 09, 2024 3:37:35am

Jan 09, 2024 3:37:35am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=TpaX4L2oD2w>

<https://www.youtube.com/watch?v=TpaX4L2oD2w>

Updated Jan 09, 2024 3:31:10am

Jan 09, 2024 3:31:10am

Timeline photos

Jan 09, 2024 3:30:14am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=8MsXDPqcrvM>

<https://www.youtube.com/watch?v=8MsXDPqcrvM>

Updated Jan 09, 2024 3:27:57am

Jan 09, 2024 3:27:57am

I'll tell you what. I am not God, Satan or anybody significant.

But not only you won't end up with a dream world, you will also end up in hell, which for women is sleeping with 10 000 men a day and for men is castration and other perverse sexual obscenities.

I should mention that they will also sleep with people they care the most, like their children and parents.

Jan 09, 2024 3:22:53am

Oh, come on, let's build this dream country and fix the world!

Jan 09, 2024 3:20:30am

The Devil (bad) Comes to Steal, Kill, and Destroy

Jan 09, 2024 3:19:18am

What is the purpose of the wicked?

First, God uses the wicked to punish His people's sin, calling Assyria the rod of His anger (Isaiah 10), and using Babylon for the same purpose (Habbakkuk). Second, the Lord also uses the wicked to show His justice and power when the time comes to call them to account.

Jan 09, 2024 3:17:37am

Look, if you tell a lie, you need to tell a myriad more to cover it or keep totally silent.

Nobody trusts silent people and the liars eventually are caught.

If you say the truth, you can't go wrong, you don't have to remember the lies you said, so that you will need to tell more to cover up the original ones.

Jan 09, 2024 3:09:57am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=MXMeMstVAhE>

<https://www.youtube.com/watch?v=MXMeMstVAhE>

Updated Jan 09, 2024 3:06:43am

Jan 09, 2024 3:06:43am

Please, both sides cease fire ASAP!!!

Jan 09, 2024 3:05:19am

I get it now. The Israelis have abandoned God, while the Palestinians haven't. So, the wicked try to destroy the pure.

Old as the Bible itself.

Jan 09, 2024 3:04:18am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=AbfgxznPmZM>

<https://www.youtube.com/watch?v=AbfgxznPmZM>

Updated Jan 09, 2024 3:02:27am

Jan 09, 2024 3:02:27am

**Solon Papageorgiou shared a link.**

[https://www.youtube.com/watch?v=J4\\_wXPZ1Bnk](https://www.youtube.com/watch?v=J4_wXPZ1Bnk)

[https://www.youtube.com/watch?v=J4\\_wXPZ1Bnk](https://www.youtube.com/watch?v=J4_wXPZ1Bnk)

Updated Jan 09, 2024 3:01:16am

Jan 09, 2024 3:01:16am

I just say the truth and nothing but the truth. I only hide my own special best qualities out of shame.

Jan 09, 2024 2:54:16am

When you lose \*, you believe you reproduced already. Then, you lose every hope, you don't have anything sacred anymore to hold onto. People want to survive enough to reproduce and raise children. The deal is, that children are sacred. But when women lose that with one man and don't have children with them and separate from the first man, other men don't trust them anymore. In the ancient era, other men wouldn't know if they were the father. They didn't have DNA testing back then.

Jan 09, 2024 2:47:30am

That's why you are mistaken to give away your more precious thing for free and that's not your Instagram, Facebook, telephone number or email.

Jan 09, 2024 2:38:29am

And here is a secret. Rich people need money to get \*.

Jan 09, 2024 2:36:26am

Make sure you get tradenames, trademarks, copyrights and patents for your brands and creative work!

Jan 09, 2024 2:35:39am

You can easily provide appointments functionality with the GoDaddy tools.

Jan 09, 2024 2:34:51am

In the process we will also attain world peace.

Jan 09, 2024 2:22:20am

You see? If we unite and cooperate under the plans that I provided, we will end world hunger.

Jan 09, 2024 2:21:55am

### The Root Causes of Global Hunger

Interconnected issues of poverty, inequity, conflict, climate change, gender discrimination, and weak government and health systems all play a role in keeping nutritious food out of reach for millions of families around the world.

Jan 09, 2024 2:21:00am

Some potential approaches to addressing these issues include increasing access to food, improving agricultural productivity, strengthening social safety nets, promoting sustainable agriculture, reducing food waste, and addressing the root causes of hunger.

Jan 09, 2024 2:20:07am



Προτιμώ να ζήσω ευτυχισμένος για λίγο, παρά καταδυναστευμένος και κατατρεγμένος και στο τέλος να με λιθοβολίσουν. Και ποιος ξέρει τι άλλο θα μου έκαναν.

Jan 09, 2024 2:09:24am

This passage does not mention Hosea by name, but it is possible that he was one of the prophets who faced persecution and martyrdom for his faith. How did Hosea die in the Bible :The reference to those who were "put to death by stoning" or "killed by the sword" suggests that Hosea may have suffered a violent death. However, this is purely speculative, and there is no way to know for sure what happened to Hosea.

Το φάγανε λάχανο δηλαδή. Άσε μας από εκεί. Εξάλλου αυτό πάει ενάντια στις αρχές της ψυχολογίας. Δε θα πέρανα καλά με μία τέτοια. Θα της έδινα τον κόσμο όλο και αυτή θα με εξευτέλιζε και θα με αγνοούσε. Ήδη το έζησα. Και με την πρώτη δυσκολία θα με άφηνε.

Απάτη ήταν όλα.

Jan 09, 2024 2:07:39am

Απατεωνία ήταν αυτό. Να βρω τη χειρότερη. Να ξευτιλιστώ και εγώ δηλαδή.

Jan 09, 2024 2:02:26am

**Solon Papageorgiou shared a link.**

<https://nexqute.com/shop/emergencies-notes/?ref=2>

[https://l.facebook.com/l.php?u=https%3A%2F%2Fnexqute.com%2Fshop%2Femergencies-notes%2F%3Fref%3D2%26fbclid%3DIwAR3fdG0A21SjQbVomy9shnxEGsxvEt14MhX8RYtByqoe6N14KLGSkBtaz5A&h=AT024lhEP4MnP1GYuJmho1ksxt0qzmtoePix2LmyKvWqolM4Dfzb-YdajWe8AolAulrbCy9gMnaA25EJ6ZoZPDFaonUxd-HcjstuFAU3c-IJVPmKqhnPMJ9VQvV\\_hPBI8Q&\\_\\_tn\\_\\_=-UK-R&c%5B0%5D=AT0McqQZocktAjR6R-LFAdpFVknA8ETbyOOGKZuoGhRMyE4e4UE\\_I1wlr0VbefYowuVf\\_rrsbaLJT8TWmifHw2zw1\\_gLTN4e1L4vn9q5I\\_H6mV5UY2wufL\\_nnPYDtM-MpAEpZT6RXzAHsU0KEcaUMiHah7DnqKakrflV69jxNH\\_gNay6Et7Vft37zUH\\_esxtQBM0PQ4oCqWozkXrhc\\_aFSbiMphiYSAzRUFQ0L5AvxM0HazQlf4x5mXHaY-WylOr0p9b2wsp-vmgNCEAIMUmdB\\_6aYICu9eU6kxPig2kUVc8jNTGGtznRMydvSMyskGRTsNT-2nvhQsL](https://l.facebook.com/l.php?u=https%3A%2F%2Fnexqute.com%2Fshop%2Femergencies-notes%2F%3Fref%3D2%26fbclid%3DIwAR3fdG0A21SjQbVomy9shnxEGsxvEt14MhX8RYtByqoe6N14KLGSkBtaz5A&h=AT024lhEP4MnP1GYuJmho1ksxt0qzmtoePix2LmyKvWqolM4Dfzb-YdajWe8AolAulrbCy9gMnaA25EJ6ZoZPDFaonUxd-HcjstuFAU3c-IJVPmKqhnPMJ9VQvV_hPBI8Q&__tn__=-UK-R&c%5B0%5D=AT0McqQZocktAjR6R-LFAdpFVknA8ETbyOOGKZuoGhRMyE4e4UE_I1wlr0VbefYowuVf_rrsbaLJT8TWmifHw2zw1_gLTN4e1L4vn9q5I_H6mV5UY2wufL_nnPYDtM-MpAEpZT6RXzAHsU0KEcaUMiHah7DnqKakrflV69jxNH_gNay6Et7Vft37zUH_esxtQBM0PQ4oCqWozkXrhc_aFSbiMphiYSAzRUFQ0L5AvxM0HazQlf4x5mXHaY-WylOr0p9b2wsp-vmgNCEAIMUmdB_6aYICu9eU6kxPig2kUVc8jNTGGtznRMydvSMyskGRTsNT-2nvhQsL)  
Updated Jan 09, 2024 1:53:20am

Jan 09, 2024 1:53:20am

Νομίζω χάθηκε το ενδιαφέρον. Αυτοί ήθελαν να πάρω ελευθέρων ηθών, τη χειρότερη.

Jan 09, 2024 1:49:40am

Εξάλλου γραμμένο με έχουν όλοι. Δίνομαι και με γράφουν κανονικά.

Σε εσάς τι θα κάνουν;

Ελάτε να γίνουμε ένα, να ενωθόμαστε σε μια γροθιά!

Jan 09, 2024 1:46:23am

If you build a website with GoDaddy tools, you get a free SSL certificate (security for your website).

Jan 09, 2024 1:43:10am

Το καλό, το wicked το απεχθάνεται. Εμένα δεν με πειράζει, εγώ τους αγαπάω όλους, αλλά όχι και στην προσωπική μου ζωή. Και σε όποιον αρέσω.

Jan 09, 2024 1:24:49am

Αύριο ξεκινάω να βρώ δουλειά από το σπίτι. Έρχεται και ιός, οι δουλειές πολλές, πιο πολύς ο ανταγωνισμός βέβαια, αλλά έχω ικανότητες πολλές. Πιο καλές οι εταιρείες. Θα βρω σε Αγγλική εταιρεία για 50K Αγγλικές λίρες.

Θα συνεχίσω και το Mejor Alumno και θα δω τι θα κάνω και με το Best Pal.

Jan 09, 2024 1:22:49am

Εγώ παιδάκι μου συμβιβάζομαι και λίγα ψίχουλα αγάπης, αλλά στην προσωπική μου ζωή θα με φτύνει. Δεν έχει φάση. Θα βρώ μια από την Εκκλησία, μικρή, που είναι και οικονομική και πιστή και σε όποιον γουστάρω.

Jan 09, 2024 1:13:27am

**Solon Papageorgiou shared a link.**

<https://tetris.com/play-tetris>

This trains the brain.

<https://tetris.com/play-tetris>

Updated Jan 09, 2024 1:07:53am

Jan 09, 2024 1:07:53am

Εξάλλου αυτές δεν ζητάνε και το φεγγάρι.

Jan 09, 2024 1:04:45am

I now believe, I'll marry a girl from the church and there is a secret, but I am not gonna say what that is.

Jan 09, 2024 1:03:01am

Why do the wicked prosper and the good suffer?

God is righteous, but why do the wicked prosper and the good suffer? You see, true riches are actually found in heaven and not in the world, and Jesus wants us to willingly leave the world for Him. We can do so by; working for God and not money(Matthew6:24–33)

Once more, I am gonna break the system in my personal life too, but I am not gonna say how.

Jan 09, 2024 12:59:40am

**Solon Papageorgiou shared a link.**

<https://www.rishacademy.com/shop/?ref=3>

<https://www.rishacademy.com/shop/?ref=3>

Updated Jan 09, 2024 12:57:48am

Jan 09, 2024 12:57:48am

**Solon Papageorgiou shared a link.**

<https://www.drugfreeworld.org/>

Drugs are the only medicine, albeit illegal that conveys happiness, an intense euphoria, but it comes with lots of side effects.

Learn more below.

<https://www.drugfreeworld.org/>

Updated Jan 09, 2024 12:42:12am

Jan 09, 2024 12:42:12am

If the population gets reduced, then here is what happens.

It becomes a different society.

Everyone shares their partner.

Jan 08, 2024 11:53:06pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here are all six parts of the book of 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 08, 2024 11:52:02pm

Jan 08, 2024 11:52:02pm

Best way to lead is by example.

Jan 08, 2024 11:17:41pm

Try to breastfeed your child during infancy.

Jan 08, 2024 10:25:40pm

To sleep better and to easier fall asleep try exercising. Going for a walk before sleep is good. Get under the sheets one hour before sleep, avoid distractions such as movies or a lighted room. Perhaps, put some calming music on YouTube.

Jan 08, 2024 10:24:40pm

Try to eat three meals a day and not to eat after six o'clock in the afternoon.

Jan 08, 2024 10:20:49pm

If you have a physical or mental disability, you might be able to get social benefits, including a monthly allowance, cheaper utilities, free bus pass, allowance to buy a car, air-conditioner, mattress and furniture and an allowance towards the payment of the rent.

Jan 08, 2024 10:19:12pm

You might be able to find websites with cameras recording live places around the world.

You can view entire towns and cities from above with Google Earth.

You can navigate to absolutely any road with Google maps.

Jan 08, 2024 10:13:37pm

You can search for work from online sites where you submit your CV, LinkedIn, newspaper ads, governmental and private offices and word of mouth.

You can buy cars, houses and rent cars and houses from Facebook groups and pages and other websites.

You can find absolutely everything on the DarkWeb that you access with the Tor browser and a VPN.

Jan 08, 2024 10:03:53pm

You can watch TV channels from online from the TV stations' websites or from YouTube and read the papers from Facebook groups, pages and the presses' websites.

Jan 08, 2024 10:02:34pm

I bet if we continue uncooperating, money will lose all value, like it happened in America and in Germany in the past.

During crisis, money lose their value. With a tower of money 💰 you buy a newspaper. The Great Depression is an example.

Jan 08, 2024 9:37:41pm

Canva is also excellent software you can use for graphics design and video.

Jan 08, 2024 9:20:47pm

[wikileaks.org](https://www.wikileaks.org) has secrets of armies.

Jan 08, 2024 9:17:09pm

[pixabay.com](https://pixabay.com) is a digital library with free graphics and music.

Jan 08, 2024 9:16:35pm

**Solon Papageorgiou shared a link.**

[https://www.youtube.com/watch?v=P\\_hy3nDcFkl](https://www.youtube.com/watch?v=P_hy3nDcFkl)

[https://www.youtube.com/watch?v=P\\_hy3nDcFkl](https://www.youtube.com/watch?v=P_hy3nDcFkl)

Updated Jan 08, 2024 9:08:02pm

Jan 08, 2024 9:08:02pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=HV6Rg2SKDfg>

<https://www.youtube.com/watch?v=HV6Rg2SKDfg>

Updated Jan 08, 2024 9:02:06pm

Jan 08, 2024 9:02:06pm

Watching peaceful music and videos calms the mind and conveys mental health benefits.

Jan 08, 2024 9:00:47pm

You can learn to read lips from videos on YouTube.

Jan 08, 2024 8:59:28pm

HitManPro for Windows encrypts keystrokes and conveys lots of protection against cyber attacks.

Make sure to install software on your mobile phone and PC that doesn't allow cyber attackers to control your camera or mobile phone.

MEGA offers cloud storage with unbreakable encryption.

Jan 08, 2024 8:56:17pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are the five parts of the book 'New Cyprus and the New World.'

<https://anti-psychiatry.com/>

Updated Jan 08, 2024 8:53:43pm

Jan 08, 2024 8:53:43pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=GUEYTWXn0Qk&si=iKKp5QyTeVqKL1jM>

Updated Jan 08, 2024 8:35:19pm

Jan 08, 2024 8:35:19pm

There are pills that help with vitiligo.

Jan 08, 2024 8:25:26pm

In Windows, create an Administration account that is accessed without an online password.

Then, create User accounts that use online passwords if you want. These accounts are less prone to cyber threats such as viruses.

Jan 08, 2024 8:22:26pm

Never clean the Windows registry with software. It can ruin your system.

Jan 08, 2024 8:20:58pm

For a secure system, safer from cyber attacks.

You need to make sure you keep your drivers, software, and Operating System up-to-date.

Software such as CCleaner helps you keep the drivers and software up-to-date.

Jan 08, 2024 8:20:17pm

SSD disks are now cheap and are more reliable than HDDs.

If you delete data from SSDs, they are never recovered.

HDD data if deleted, is never actually deleted and can be recovered with software such as recuva.

To permanently delete data from HDDs, which are cheaper than SSDs you need several passes with software such as CCleaner.

Jan 08, 2024 8:17:21pm

There are USB hubs that give you extra USB ports. With power you can even plug SSD hard disks, without, you can plug everything else.

Jan 08, 2024 8:15:31pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=yJxeFgOUddM&si=DTRoBluopVDbK2hu>

Updated Jan 08, 2024 8:11:05pm

Jan 08, 2024 8:11:05pm

You can grow fish even on mountains in fish tanks.

Jan 08, 2024 8:05:11pm

There are also hardware encrypted SSD disks or hardware encrypted USB sticks.

Jan 08, 2024 8:03:19pm

There are usb sticks that give your PC WI-FI or bluetooth support.

Jan 08, 2024 8:02:33pm

With Microsoft PhoneLink you can send SMS messages from you Windows desktop/laptop/tablet via your Android smartphone.

Jan 08, 2024 8:01:45pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Power-Bank-27000mAh-Charging-Smartphones/dp/B0C196X867/ref=sr\\_1\\_2?crid=3NOCE472AMSBW&keywords=smartphone+powerbank&qid=1704736798&srefix=smartphone+powerbank%2Caps%2C143&sr=8-2](https://www.amazon.co.uk/Power-Bank-27000mAh-Charging-Smartphones/dp/B0C196X867/ref=sr_1_2?crid=3NOCE472AMSBW&keywords=smartphone+powerbank&qid=1704736798&srefix=smartphone+powerbank%2Caps%2C143&sr=8-2)

[https://www.amazon.co.uk/Power-Bank-27000mAh-Charging-Smartphones/dp/B0C196X867/ref=sr\\_1\\_2?crid=3NOCE472AMSBW&keywords=smartphone+powerbank&qid=1704736798&srefix=smartphone+powerbank%2Caps%2C143&sr=8-2](https://www.amazon.co.uk/Power-Bank-27000mAh-Charging-Smartphones/dp/B0C196X867/ref=sr_1_2?crid=3NOCE472AMSBW&keywords=smartphone+powerbank&qid=1704736798&srefix=smartphone+powerbank%2Caps%2C143&sr=8-2)

Updated Jan 08, 2024 8:00:36pm

Jan 08, 2024 8:00:36pm

With software such as teamviewer, you can control any computer you have access to, remotely from another computer, even from your smartphone.

You can connect an external monitor to your smartphone for more screen space.

Jan 08, 2024 7:53:48pm

WhatsApp conversations are End-to-End encrypted.

WhatsApp cannot be used in authoritarian regimes, but it can be used with a VPN.

A VPN also gives you access to Web sites that cannot normally be accessed in authoritarian regimes.

Peer-to-peer networks allow you to send files from one computer to another directly.

Jan 08, 2024 7:50:11pm

You can receive and send money digitaly with Paypal. You just need a bank account and it must be supported in your country.

I think BitCoin is untracable coin.

With a PaySafeCard account, you buy a number from your local kiosk that is used to top-up your PaySafeCard account and buy goods and services as if it were a MasterCard. I think the government can't trace that.

I think pay as you go mobile phones are untraceble.

Jan 08, 2024 7:47:18pm

You cab buy domain names and build superb Web sites with GoDaddy cheaply and with little skill.

You can also easily and economically set up email addresses with GoDaddy and buy email packages that offer you anything you need to do telecommuting.

Jan 08, 2024 7:41:46pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=EusXgaXBUpU&si=CVpip9Q1NdpybL2N>

Updated Jan 08, 2024 7:30:59pm

Jan 08, 2024 7:30:59pm

Internet and Linux are the biggest inventions ever. I'd argue Artificial Intelligence and Robotics and Nuclear Bombs are on the list, as well as space travel and the smartphone. There are also biological weapons and most of all a common threat that threatens us all: the climate change.

I argue Israel not to end up like Japan, the Japanese army wouldn't stop and it was bombed with nuclear nukes. Now, it waived its right to start war.

Please, cease fire.

I argue both sides to cease fire.

Jan 08, 2024 7:30:37pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=f0kXEISxBtY&si=Yqe5pSgqguCCkeQH>

Updated Jan 08, 2024 7:24:59pm

Jan 08, 2024 7:24:59pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=6a-wMU7h1UM&si=Rr\\_eCI9w9yZBoXYC](https://youtube.com/watch?v=6a-wMU7h1UM&si=Rr_eCI9w9yZBoXYC)

Updated Jan 08, 2024 7:20:54pm

Jan 08, 2024 7:20:54pm

**Solon Papageorgiou shared a link.**

<http://bazaraki.com/>

If you want to buy a used car, buy it with below 120K kilometers of use, and automatic. You won't drive it, it will drive by itself, super easy to drive. Be sure to obtain its papers from the owner and check it at the mechanic before you buy it. You can buy at [bazaraki.com](http://bazaraki.com/).

Always wear seat belt and never drive under the influence of alcohol as it may end up deadly for you, your family, friends or others.

Change/pump tires relatively often, replace water, oil and air-conditioned fluids regularly and pay MOT (check at the mechanic), insurance and car registration as required.

Updated Jan 08, 2024 7:06:27pm

Jan 08, 2024 7:06:27pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qgk6TVKBYu0&si=dvf6Fhkf5fd199Bd>

Updated Jan 08, 2024 6:59:11pm

Jan 08, 2024 6:59:11pm

Old people are useful as they carry a lot of knowledge.

Jan 08, 2024 6:56:04pm



ASMR has been researched and seems to be an easy to do and therapeutic form of meditation.

Find your ASMR videos on YouTube.

Jan 08, 2024 6:53:55pm

**Solon Papageorgiou shared a link.**

<https://www.teamwork.com/>

Updated Jan 08, 2024 6:51:47pm

Jan 08, 2024 6:51:47pm

You can organize any project no matter how big it is, if you break it into smaller tasks.

Jan 08, 2024 6:51:09pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=l8yvHZ7de2k&si=DIwn6p5lhVQPrytJ>

Updated Jan 08, 2024 6:50:13pm

Jan 08, 2024 6:50:13pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=r-IE6wNNbAI&si=ahxi8iY7Qh42GAP1>

Updated Jan 08, 2024 6:46:42pm

Jan 08, 2024 6:46:42pm

Nuclear technology is good if you are wise enough to only use it to harness energy.

Jan 08, 2024 6:45:16pm

And you can make pottery from clay.

Jan 08, 2024 6:43:23pm

You can make glass from sand.

Jan 08, 2024 6:42:59pm

You can make mol\* \* from alcohol.

Jan 08, 2024 6:41:29pm

Alcohol is good for your health, but in moderation only. Also, it disinfects wounds if it is strong enough.

You can make alcohol from apples.

Fermentation Process:

Typical apple cider sugar levels will give you about 4 to 5% alcohol, and apple wine is 12% alcohol or higher. So if you want a bit higher alcohol level, add corn sugar to the appropriate sugar level.

Jan 08, 2024 6:39:15pm

You might be able to build plastic guns that are undetected by metal detectors with 3D printers, but I don't know as I haven't tried it.

Jan 08, 2024 6:35:00pm

Guerrilla war is effective even against the mightiest powers.

You can build \* by easily bought materials. I haven't tried it, but I did blow bombs in the army.

Jan 08, 2024 6:33:34pm

If you are a soldier, be sure to keep your guns clean from the inside out, otherwise they might explode on your face when you shoot.

Jan 08, 2024 6:31:44pm

**Solon Papageorgiou shared a link.**

<https://pay.hotmart.com/T88240837W?off=3zsptewd&checkoutMode=10&bid=1704731357079>

Updated Jan 08, 2024 6:29:31pm

Jan 08, 2024 6:29:31pm

With a steganography app on Windows, you can hide text, encode it, within images.

Also, most spy work is done by reading newspapers.

Jan 08, 2024 6:27:38pm

To disable stronger and taller men, grab them from the neck. But careful, you don't want to kill them. I fought a couple as a teenager.

Jan 08, 2024 6:23:17pm

If you are attacked by a mad dog, attack him directly to the head, I fought one once as a teenager.

Jan 08, 2024 6:21:29pm

Brand name desktop PCs are more reliable than custom built PCs and even laptops, because they are not very vulnerable to fan issues - plus, it's easier to clean the fans yourself (every six months).

Jan 08, 2024 6:20:11pm

For CMS sites development (building Web sites of which the content is easily updated), you can't go wrong with Drupal.

Jan 08, 2024 6:17:49pm

Learning Linux Administration is essential for Web development, because Linux is more secure than Windows for hosting Web sites and Ubuntu is the most popular distribution.

Jan 08, 2024 6:15:50pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Windows-Desktop-Computer-Thundbolt-Display/dp/B09QGD77JM/ref=mp\\_s\\_a\\_1\\_7?crid=3UVMUH5ATOI9C&keywords=linux+mini+pc&qid=1704730408&sprefix=linux+mini+pc%2Caps%2C270&sr=8-7&ufe=app\\_do%3Aamzn1.fos.cc223b57-2b86-485c-a85e-6431c1f06c86](https://www.amazon.co.uk/Windows-Desktop-Computer-Thundbolt-Display/dp/B09QGD77JM/ref=mp_s_a_1_7?crid=3UVMUH5ATOI9C&keywords=linux+mini+pc&qid=1704730408&sprefix=linux+mini+pc%2Caps%2C270&sr=8-7&ufe=app_do%3Aamzn1.fos.cc223b57-2b86-485c-a85e-6431c1f06c86)

Updated Jan 08, 2024 6:14:15pm

Jan 08, 2024 6:14:15pm

You can type faster if you learn typewriting and something you didn't know, you can read faster if you learn speedreading.

Jan 08, 2024 6:12:46pm

You can learn articulating better using the elevate app for Android.

Jan 08, 2024 6:11:08pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=xBI5Rk9qYjU&si=PO\\_13iWoK7C665P8](https://youtube.com/watch?v=xBI5Rk9qYjU&si=PO_13iWoK7C665P8)

Updated Jan 08, 2024 6:07:56pm

Jan 08, 2024 6:07:56pm

80% of the population is concerned about money. Remove that constraint and you get a happier society.

Jan 08, 2024 6:02:51pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=oflnRQP6Woo&si=LvGZtDzjzQzksRzQ>

Updated Jan 08, 2024 5:58:32pm

Jan 08, 2024 5:58:32pm

Watch Degrassi Junior High and Degrassi High and you will learn a lot on societal issues.

Jan 08, 2024 5:56:57pm

**Solon Papageorgiou shared a link.**

[https://music.youtube.com/watch?v=roy\\_fqf-Dk4&si=EKbDnI95OFIkq3SI](https://music.youtube.com/watch?v=roy_fqf-Dk4&si=EKbDnI95OFIkq3SI)

Updated Jan 08, 2024 5:55:23pm

Jan 08, 2024 5:55:23pm

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=52U83JobdVk&si=36-iAmkceTEngLSs>

Updated Jan 08, 2024 5:52:41pm

Jan 08, 2024 5:52:41pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B073KTPNDR?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B073KTPNDR?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:50:35pm

Jan 08, 2024 5:50:35pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B0B1PXDKC6?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B0B1PXDKC6?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:48:07pm

Jan 08, 2024 5:48:07pm

You place the foams on the windows only.

Jan 08, 2024 5:47:10pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Acoustic-Panels-Soundproof-Insulation-Absorbing/dp/B08C7ZWR1M/ref=mp\\_s\\_a\\_1\\_2\\_sspa?crd=1A6IBKL87QQ08&keywords=sound+proofing+for+walls&qid=1704728788&sprefix=sound+proof%2Caps%2C513&sr=8-2-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWYy2hfYXRm&psc=1](https://www.amazon.co.uk/Acoustic-Panels-Soundproof-Insulation-Absorbing/dp/B08C7ZWR1M/ref=mp_s_a_1_2_sspa?crd=1A6IBKL87QQ08&keywords=sound+proofing+for+walls&qid=1704728788&sprefix=sound+proof%2Caps%2C513&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWYy2hfYXRm&psc=1)

Updated Jan 08, 2024 5:46:45pm

Jan 08, 2024 5:46:45pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B09NQBDGT3?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B09NQBDGT3?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:46:19pm

Jan 08, 2024 5:46:19pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B092VW781J?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B092VW781J?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:45:04pm

Jan 08, 2024 5:45:04pm

Your Microsoft Surface Pen works on all of your Android devices + your Microsoft Surface Go 3 tablet.

Jan 08, 2024 5:43:49pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B071PFGCGN?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B071PFGCGN?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:42:18pm

Jan 08, 2024 5:42:18pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Engraved-Door-Sign-Custom-204mm/dp/B07QQZFP1Z?pd\\_rd\\_w=GFwdf&content-id=amzn1.sym.efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf\\_rd\\_p=efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf\\_rd\\_r=H8ZPR9H3MDQS0B5ZE49G&pd\\_rd\\_wg=tfNf6&pd\\_rd\\_r=4c1464cf-5607-4ffe-8a60-19e89b3e0e9b&pd\\_rd\\_i=B07QQZFP1Z&psc=1&ref\\_=pd\\_bap\\_m\\_grid\\_dv\\_rp\\_0\\_3\\_i](https://www.amazon.co.uk/Engraved-Door-Sign-Custom-204mm/dp/B07QQZFP1Z?pd_rd_w=GFwdf&content-id=amzn1.sym.efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf_rd_p=efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf_rd_r=H8ZPR9H3MDQS0B5ZE49G&pd_rd_wg=tfNf6&pd_rd_r=4c1464cf-5607-4ffe-8a60-19e89b3e0e9b&pd_rd_i=B07QQZFP1Z&psc=1&ref_=pd_bap_m_grid_dv_rp_0_3_i)

Updated Jan 08, 2024 5:40:33pm

Jan 08, 2024 5:40:33pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/UGREEN-90395-Ergonomic-Wireless-Mouse/dp/B09XZR7GC6?pd\\_rd\\_w=GFwdf&content-id=amzn1.sym.efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf\\_rd\\_p=efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf\\_rd\\_r=H8ZPR9H3MDQS0B5ZE49G&pd\\_rd\\_wg=tfNf6&pd\\_rd\\_r=4c1464cf-5607-4ffe-8a60-19e89b3e0e9b&pd\\_rd\\_i=B09XZR7GC6&psc=1&ref\\_=pd\\_bap\\_m\\_grid\\_dv\\_rp\\_0\\_1\\_ec\\_nped\\_ppx\\_yo2\\_mob\\_b\\_ts\\_rp\\_2\\_t](https://www.amazon.co.uk/UGREEN-90395-Ergonomic-Wireless-Mouse/dp/B09XZR7GC6?pd_rd_w=GFwdf&content-id=amzn1.sym.efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf_rd_p=efecf389-d53f-4dbb-9b09-ad3dab4b91ef&pf_rd_r=H8ZPR9H3MDQS0B5ZE49G&pd_rd_wg=tfNf6&pd_rd_r=4c1464cf-5607-4ffe-8a60-19e89b3e0e9b&pd_rd_i=B09XZR7GC6&psc=1&ref_=pd_bap_m_grid_dv_rp_0_1_ec_nped_ppx_yo2_mob_b_ts_rp_2_t)

Updated Jan 08, 2024 5:39:47pm

Jan 08, 2024 5:39:47pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B09958W4GH?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B09958W4GH?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:36:03pm

Jan 08, 2024 5:36:03pm

**Solon Papageorgiou shared a link.**

<https://www.kali.org/>

Updated Jan 08, 2024 5:35:22pm

Jan 08, 2024 5:35:22pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.gilapps.smsshare2>

Updated Jan 08, 2024 5:34:45pm

Jan 08, 2024 5:34:45pm

Just a smartphone conveys a lot of power. You become a mini president.

Jan 08, 2024 5:33:29pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/aw/d/B07G2DFZZG?psc=1&ref=ppx\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.co.uk/gp/aw/d/B07G2DFZZG?psc=1&ref=ppx_pop_mob_b_asin_title)

Updated Jan 08, 2024 5:32:35pm

Jan 08, 2024 5:32:35pm

Interbreeding with foreigners can enhance the genetic material of the local population.

Jan 08, 2024 5:31:33pm

There are herbs that promote wound healing or convey other benefits to the health and well-being.

Jan 08, 2024 5:29:22pm

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=MfrX4IOjCz0&feature=share>

Updated Jan 08, 2024 5:17:12pm

Jan 08, 2024 5:17:12pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=-sqio1tiPGk>

Updated Jan 08, 2024 5:12:55pm

Jan 08, 2024 5:12:55pm

**Solon Papageorgiou shared a link.**

[https://www.youtube.com/watch?v=w\\_9odo\\_pWjQ](https://www.youtube.com/watch?v=w_9odo_pWjQ)

Updated Jan 08, 2024 5:10:30pm

Jan 08, 2024 5:10:30pm

Solon Papageorgiou shared a link.

<https://www.youtube.com/watch?v=ZnZqB5Z75zl>

Updated Jan 08, 2024 5:03:16pm

Jan 08, 2024 5:03:16pm

## Meet the super humans

Imagine being able to remember everything or feeling no pain. Four people with extraordinary abilities reveal how their superpower has shaped their lives

'I've never felt physical pain': Jo Cameron, 72, Whitebridge, Scotland

'It was only when I was 65 that the fact I can't feel pain came to light': Jo Cameron.

'It was only when I was 65 that the fact I can't feel pain came to light': Jo Cameron. Photograph: Mark Pinder/The Guardian

I can understand why it took so long for anyone to notice. It makes sense that the quiet, happy person in the corner gets ignored. It was only when I was in hospital for an operation on my arthritic hand – aged 65 – that the fact I can't feel pain finally came to light.

I'd only recently had a long-overdue hip replacement. "This will hurt more than the last one, you'll need more painkillers," the hospital anaesthetist had told me. I offered to bet any money it wouldn't when I looked up at him with a smile.

He came to see me after the procedure and I wiggled my hand in his face, proudly. "No painkillers," I said, grinning, "and no pain either."

Down in London, I went for tests at University College Hospital. In the experiments, my husband was used as the standard – they even took a biopsy from his leg. The researchers found an abundance of a substance called anandamide in my body – so much that I never experience anxiety, fear or pain. Instead, my genes make me happy and forgetful – finally, an explanation for why it feels like every other week I lose the keys to my car.

Before then I'd just assumed I was clumsy, although when I thought about it properly, lots of things began to make sense in retrospect. This explained why I often get undressed and see bruises that I've no recollection of acquiring; why during childbirth, after some serious pushing I felt nothing more than a considerable stretch. It's why the only way I know if I've burned myself while cooking is when the aroma of meat reaches my nostrils. I'm a vegan, so what I'm smelling is actually my own scorched flesh.

There was even the time we went on a backpacking holiday in eastern Europe. On the first morning I fell over and went head first into a huge concrete slab. I lost my front teeth and gained a black eye – there were cuts all over my face. The family thought we'd go home, but I just whacked on my sunglasses, wrapped a scarf around my mouth, made a rule there would be no pictures of me and we carried on. They all must have just thought I was trying to be strong for them as a mum.

'I have an abundance of anandamide in my body, so much that I never experience anxiety, fear or pain.'

View image in fullscreen

'I have an abundance of anandamide in my body, so much that I never experience anxiety, fear or pain.' Illustration: Lucas Varela/The Observer

My happy gene also makes me incredibly positive: I'm wired to look on the bright side of life. I may not feel pain, but I see it on the faces of people around me, on television. And when something sad happens in my life, of course it affects me, it's just that the sadness doesn't consume all I do. A few minutes later I'm thinking practically, whirring into action.

That's not to say I'm complacent. I'm outraged by injustice and can empathise with those having a tough time. But I'm practical. Vote! Protest! Do something! But don't be a worrier, on leaving Europe or climate change or anything, really. My attitude is why waste time being a nervous wreck?

I'm pretty certain my father had the same condition, although he's no longer with us, so it's impossible to be sure. He

never complained about his war wound, and was very open-minded. There was no curfew in the evenings or restrictions on outings with boys. This British Army major would even skip alongside me on the way to school. When a brain haemorrhage killed him – without a word of warning – he just dropped down dead where he was stood.

Once my test results were back, I told the research team that, of course, I'd help them. I'm no neuroscientist, but if they can isolate this gene and reproduce it to help suppress pain in others, the scientists hope to develop a natural form of pain relief. It makes me so pleased to think what the impact of that on other people might be. What's inside me might be the secret to alleviating the suffering of others, an alternative to often addictive drugs. The funding has come through – the next phase begins in 2020.

At first, the research team thought I was the only person in the world like me, but since my story went public, 80 people from across the globe have come forward to say they think they're the same. Their bloods are being tested right now, and I'm hoping they're correct. I'm 72 now, and it's already taken us seven years to get this far. This could take decades. I might be an optimist, but I'm realistic – at some point they're going to need some younger volunteers.

'I'm the fastest human calculator': Scott Flansburg, 55, Scottsdale, Arizona, America

'Say a number, any number...' Scott Flansburg.

'Say a number, any number': Scott Flansburg

Pick a date, any day in your life, and I can tell you what day of the week it was. Say a number, any number, and I can multiply it all day. I'm a Guinness World Record holder – the fastest human calculator. I've held the title for more than 20 years.

I was just a regular nine-year-old pupil when my teacher wrote a list of two-digit numbers for the class to add together. My teacher could tell I wasn't paying attention as she explained how numbers are carried over, so she decided to make an example of me by picking me out and sending me up to the board. The standard way to find the total of lots of numbers is to line them up and work downwards right to left, if you can remember. But I assumed that you could do it in the same way you read a sentence – from left to right – and found I could.

By the age of 10, my maths teachers were letting me come up with ideas rather than trying to teach me. I could see all these patterns and started discovering methods of multiplication that worked.

In the end I dropped out of high school. I never made it to college – I signed up to the Air Force instead. I served four years in Japan, and two in America. Then, in 1988, when my military supervisor's son was struggling in school with maths, I was drafted in to help. I spent an evening showing the child some tricks and shortcuts, giving him a hand.

The next morning I got a call from his teacher: "Who are you," they asked me, "and what have you done?"

I've had an MRI scan, the doctor said he'd never seen a brain like mine

Scott Flansburg

From then, things escalated pretty quickly. I started to speak to classes fairly often, and after a reporter saw my mathematical skills firsthand and filed a story, I was invited on to television – I did the rounds.

I've had an MRI scan. The doctor said he'd never seen a brain like mine. It's almost as if it has a different set of wires. There's a part of the brain called Brodmann area 44, or BA44, and mine is naturally four times the normal size. I've met a few other people with similar abilities at competitions: Yusnier Viera, Gerald Newport and Lee Jeonghee.

For me it's all about arithmetic, sums and numbers. I never went on to study higher level maths. I spend my life working to inspire kids to engage in the subject at that basic level, the point at which so many disconnect. That's also how I keep myself interested – for me there's no mental challenge in the arithmetic everyone else has to think hard for; it's all about thinking of new and exciting educational ideas.

My skills used to be useful for companies. Investors, for instance, would want me to look for patterns in their trades. But since the advent of the super computer I'm a little less helpful to them. I'd have been more useful, I think, if I'd been born hundreds or even thousands of years ago.

My next big thing is to get the rest of the world to use the calendar I've invented. I'm all about efficiency, and right now the way we measure time is a mess. Sure, we have no control over the fact there are 365 days in a year, but there's simply no way to make that divide neatly into 12. Forget October, November and December – if you ask me, there should be 13 months in a year, each lasting 28 days, plus a zero day to kick each year off. I'm going to try and convince the world to try it out in 2023, the next time my calendar matches up with yours.



'I can play any piece of music I've ever heard': Derek Paravicini, 40, London

'Being blind, I'd never even seen anyone play the piano, but I could copy tunes note for note': Derek Paravicini.

'Being blind, I'd never even seen anyone play the piano, but I could copy tunes note for note': Derek Paravicini.

Photograph: Marios K Forsos

Like most children, I spent my early years surrounded by music. I've always been blind. I was born extremely prematurely, so it is through sound that I experience the world. I had a nanny who looked after me and she tried everything she could think of to interest me. Then one day, when I was 18 months old, she had a brainwave, and retrieved a toy organ from the loft that someone had once bought in Woolworths.

Of course, I don't remember, but what my family found I could do with it was amazing. Without any help from anyone, I could play the music I'd heard, from Cockles and Mussels to the hymns that my family sang in church. Being blind, I'd never even seen anyone play the piano, but I could copy these tunes – and their accompaniments – note for note.

It became obvious pretty quickly that my musical brain was wired up in an extraordinary way and, once my parents purchased a piano, I'd use everything, from my hands to my head and my elbows, to play what I could hear in my head. They soon realised that my fingers would need help to catch up.

Aged four, at a school for the blind in south London called Linden Lodge, I met Adam Ockelford, who was the music teacher there, and he decided to take me under his wing. He started out by teaching me at home. He tells me I didn't take kindly to being told what to do. I'd push him out the way and so he'd pick me up and place me in the corner of the children's room where we practised. He'd play a tune while I found my way back to the piano and then I'd repeat what I'd heard, just like that.

I loved practising and worked really hard, every day before breakfast and in the evenings. I first appeared on TV when I was only eight, in 1987, on the Derek Jameson Show. The next year, I hit the big time, playing the Pink Panther for Terry Wogan on UK national television, with an audience of millions. Suddenly, media from all over the world were interested.

As a teenager I'd often get frustrated and angry, and furniture would fly. But Adam helped me channel all those emotions through music and we would improvise together for hours. Today, playing the piano isn't just my vocation, it continues to be the key to my emotional wellbeing as well.

It's hard to explain, but any time I hear a piece of music it goes straight into my memory and stays there. I never forget a piece once I've heard it. My musical brain works really fast, too. When I listen to a piece, I can copy it straight away, less than half a second behind. Nobody knows how many songs I know – I certainly don't. But it must be hundreds of thousands, if not millions, of pieces.

For me, playing the piano is as easy as breathing. At a gig in a school north of Manchester a few years back I fell asleep when I was accompanying my friend Hannah Davey, the classical and jazz singer, but I carried on playing. And there doesn't seem to be a limit on what I can learn. I memorised a full piano concerto with 11,000 notes just by listening, and played it with orchestras on the South Bank in London and in the Mainly Mozart Festival in San Diego, California.

In fact, I do lots of concerts, from schools to some of the world's great concert halls and arenas – from Taiwan to Las Vegas. I love to entertain people – the bigger the audience the more I like it. And I've never been nervous when I perform. I just know I can do it.

People are mystified, because part of the show is when I ask the audience for requests. They can choose anything they like. As long as I've heard the music before, I can reproduce it, even if I've never played it before. If I haven't heard it, I just ask them to play it on their phone and then I'm off. Think of a song right now and I'll be able to play it, whatever it is.

I'm much more than a musical memory machine, though. A Japanese TV company played me sounds once, very quietly: the rattle of a key in the door, a bus going past, birdsong. My heart rate jumped every time. I feel the impact of each sound emotionally. And in real life, I hear everything around me in a musical way, including words I don't understand. So I just tend to repeat them, as though they were musical notes.

I'm a person of extremes: playing the piano I find easy, but I can't, for instance, read or write, and, aged 40, I still don't reliably know my left from my right, so I need help with virtually all everyday tasks. But that doesn't matter, because I'm a great people person. I love my family and friends from all over the world.

I think that's the main reason I like playing the piano – it's my way of keeping in touch. It's rare, if ever, that I'll sit and play just for myself. Music is what helps me connect with others; it has become my identity. I'm Derek the piano player, the entertainer. I'm Derek, the musician.

Based on an interview with Derek Paravicini and Professor Adam Ockelford

'I can remember everything. My brain has no capacity to forget': Rebecca Sharrock, 30, Brisbane, Australia

'I can remember every minute of every day in the finest of detail': Rebecca Sharrock.

'I can remember every minute of every day in the finest of detail': Rebecca Sharrock

I remember it like it was just yesterday, the morning of 6 July 2014. It was a warm, sunny day in California – Mum and I were walking from our motel to Disneyland. I can hear the sound of laughter and music right now, the sweet smell of sugar in my nostrils as everyone rushed giddily around.

My memories from the evening of 5 July 2005 are just as clear. Aged 15, I was at a concert with my sister. An usher was rude to her while I had a little meltdown. Each time I think of it the feelings of depression, anxiety and embarrassment are triggered. I'm transported right back there.

In fact, I can remember every minute of every day in the finest of detail, and each time I experience the emotions I felt afresh. That's what life with Highly Superior Autobiographical Memory, or HSAM, is like. It means, in short, that I have this ability to remember everything, but that also means my brain has no capacity to forget.

At 15, I was diagnosed with autism. When that happened it was no great surprise. A year later I was told I had obsessive-compulsive disorder, but my parents and I knew there was something more. And then we saw a segment on a TV news show about HSAM. My mum recognised it in me instantly. From a very young age I would talk to her about things that had happened years before, right down to the back-and-forth of specific conversations. She always said: "Rebecca, live in the present," while I'd always focus on the past.

'I'll be honest, it does get annoying. I get headaches and it causes anxiety.'

[View image in fullscreen](#)

'I'll be honest, it does get annoying. I get headaches and it causes anxiety.' Illustration: Lucas Varela/The Observer

I can basically remember all the way back to the beginning, just after my first birthday, being held in my mum's arms. From then on it's every conversation, every day out, every celebration. It's mostly entirely useless, though – like what I had for breakfast, or the most mundane of thoughts. All these memories are in chronological order, so I can work backwards or forwards. If I go back to the days before I really understood calendars, I use the image of my birthday cake and its number of candles as a reference to start. I even remember dreams – those from the first 20 minutes of sleeping. When I had my first at eight months it was quite a shock.

I'll be honest, it does get annoying. I get headaches and it causes anxiety; I have to listen to music every night as I fall asleep or else I'm constantly having random flashbacks. For a long time I saw it as a curse. Slowly, as I've grown a little older, I've come to appreciate what my brain gives me. I can memorise lines, which is great for public speaking. That's what I want to make my career, sharing my experiences with people across the world. While the sentence structures of foreign languages take some getting used to – I've been learning a few so I can travel – the words all just stick right away.

Soon I want to put my life down on paper, the moments – big or small – that hold significance. I hope to look at how each affected my life and my future in a way few people can. And I'm starting a business, a support group for other people with autism to overcome obstacles and find their passion.

Nobody is quite sure how my brain can actually hold all this information. It's why medical researchers from Queensland to California are so keen to poke around up there. They're attempting to discover which part of the brain is responsible for long-term memory, in the hope of finding ways to help those who are affected by Alzheimer's, brain damage or strokes. I spend a lot of time having my brain scanned. In the initial tests I was asked to work out which day of the week random dates had been throughout my life. I'd be asked random questions and then to recall my answers five months later.

I've spent 90 minutes in an MRI scanner that showed how the conscious and subconscious parts of my mind are more strongly connected than usual. Now they know what my brain can do, they're more interested in studying its biology. The scientists have already discovered that the memories of people with HSAM usually get clearer with the passage of time, which is the opposite to how most people experience them.

My stepdad's father passed away a few years ago. He had suffered with Alzheimer's, and seeing him go through it all spurred me on to do all I can to help find a cure. I like to joke that people like me are human lab rats, although we're

human lab rats who are very well cared for and loved.

When I'm bored, I sometimes take myself back to a time when I worried about everything and anxiety crippled me. I think about what the 14-year-old me wished for her future, and it makes me truly appreciate the small things I now take for granted – the things I've achieved that might otherwise seem mundane. I think about what I thought my life might look like – and I'm proud of just how far I've come.

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Jan 08, 2024 5:02:15pm

Dianetics could be real!

Jan 08, 2024 4:49:28pm

You can find all the university notes on sociology on [studocu.com](https://www.studocu.com).

Jan 08, 2024 4:47:26pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=BokdSWC2R68>

Updated Jan 08, 2024 4:37:40pm

Jan 08, 2024 4:37:40pm

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[https://www.youtube.com/watch?v=JvoWPjF\\_C5g](https://www.youtube.com/watch?v=JvoWPjF_C5g)

Updated Jan 08, 2024 4:35:56pm

Jan 08, 2024 4:35:56pm

Riding motorcycles exercises the body, but if you fall, obviously, is very dangerous. Always wear helmet.

Jan 08, 2024 4:34:11pm

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<https://www.ojp.gov/pdffiles1/nij/178280.pdf>

How to do Crime Scene Investigation:

<https://www.ojp.gov/pdffiles1/nij/178280.pdf>

Updated Jan 08, 2024 4:31:33pm

Jan 08, 2024 4:30:49pm

You can find all the university notes on criminal law on [studocu.com](https://studocu.com)

Jan 08, 2024 4:30:01pm

Nicotine enhances cognitive function, but cigarettes kill and the safety of e-cigarettes can contain harmful substances and the flavoring is linked to lung disease.

Jan 08, 2024 4:18:44pm

Murder is indeed scary business, but good news are that murderers normally don't do it twice.

Jan 08, 2024 4:14:51pm

Illegal substances and steroids indeed convey benefits, but come with lots of side effects and depending on the circumstances with a cost to society.

Jan 08, 2024 4:11:36pm

An athletic body conveys many benefits and a body builder's body is stronger, but slower. Attractiveness is on the eye of the beholder.

Jan 08, 2024 4:10:16pm

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Updated Jan 08, 2024 4:07:23pm

Jan 08, 2024 4:07:23pm

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Updated Jan 08, 2024 4:06:30pm

Jan 08, 2024 4:06:30pm

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Updated Jan 08, 2024 4:05:45pm

Jan 08, 2024 4:05:45pm

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Updated Jan 08, 2024 4:05:07pm

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Updated Jan 08, 2024 4:04:48pm

Jan 08, 2024 4:04:48pm

Mental disorders are really maladaptions that help us cope with the harsh reality when we don't know any better, we don't have better coping mechanisms, but reality may often be full of surprises, who knows?

Jan 08, 2024 3:57:48pm

Canabis helps with severe pain, but it may cause problems such as psychosis. Should it be legalized?

Jan 08, 2024 3:53:39pm

Creative writing improves problem solving and critical thinking.

Jan 08, 2024 3:48:03pm

You can have self-compassion and self-esteem at the same time.

Jan 08, 2024 3:44:24pm

If something doesn't work, change strategy or ask someone that may know better.

Jan 08, 2024 3:42:24pm

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[https://store.steampowered.com/app/1602930/Pedros\\_Adventures\\_in\\_Spanish\\_Learn\\_Spanish/](https://store.steampowered.com/app/1602930/Pedros_Adventures_in_Spanish_Learn_Spanish/)

Updated Jan 08, 2024 3:39:12pm

Jan 08, 2024 3:39:12pm

Take breaks, whether tiny, larger, of daily duration or more, often.

Jan 08, 2024 3:36:26pm

Don't multitask. It breaks your attention.

Jan 08, 2024 3:35:25pm

Even those that left for the outer space, they may one day help us or need our help.

Jan 08, 2024 3:34:15pm

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[https://youtube.com/watch?v=DZIM8Wm7OKY&si=ZzyAZ\\_uW67zXKZpJ](https://youtube.com/watch?v=DZIM8Wm7OKY&si=ZzyAZ_uW67zXKZpJ)

Updated Jan 08, 2024 3:31:39pm

Jan 08, 2024 3:31:39pm

You see, all these superpowers, human or not are prepared to become extinct if we don't cooperate.

Jan 08, 2024 3:30:51pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.disney.disneyplus>

Updated Jan 08, 2024 3:27:15pm

Jan 08, 2024 3:27:15pm

**Solon Papageorgiou shared a link.**

<https://positivepsychology.com/cognitive-distortions/>

A List of the Most Common Cognitive Distortions

All-or-Nothing Thinking / Polarized Thinking.

Overgeneralization.

Mental Filter.

Disqualifying the Positive.

Jumping to Conclusions – Mind Reading.

Jumping to Conclusions – Fortune Telling.

Magnification (Catastrophizing) or Minimization.

Emotional Reasoning.

The rest of the most common distortions are found at:

<https://positivepsychology.com/cognitive-distortions/>  
Updated Jan 08, 2024 3:06:37pm

Jan 08, 2024 3:06:37pm

What are the most prevalent biases?

Confirmation bias means that people favor ideas that confirm their existing beliefs.

People tend to overestimate the likelihood of positive outcomes if they're in a good mood, which is called optimism bias.

Declinism refers to a bias in favor of the past, due to a resistance to change.

Jan 08, 2024 3:03:30pm

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<https://youtube.com/watch?v=mFA9-zsFtt8&si=2ARELzlb7LPgLdic>

Updated Jan 08, 2024 3:00:00pm

Jan 08, 2024 3:00:00pm

Humor, altruism, compensation and other defense mechanisms are superior to all others and help cope with stress and life much better.

Jan 08, 2024 2:57:54pm

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[https://youtube.com/watch?v=reyTknNqDjA&si=\\_1kfJwvvHrRntGQs](https://youtube.com/watch?v=reyTknNqDjA&si=_1kfJwvvHrRntGQs)

Updated Jan 08, 2024 2:55:13pm

Jan 08, 2024 2:55:13pm

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<https://youtube.com/watch?v=hA063IaOHyQ&si=MBsDAtEUyRhRUFhF>

Updated Jan 08, 2024 2:52:00pm

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<https://youtube.com/watch?v=LvOv3veA13Q&si=Dy0HGa1XfVNELgNc>

Updated Jan 08, 2024 2:49:13pm

Jan 08, 2024 2:49:13pm

If you take it step by step, it's very easy to become a leader, at least a leader in your family.

Of course, we don't have centuries available.

Jan 08, 2024 2:40:38pm

Transformational leadership is defined as a leadership approach that causes change in individuals and social systems. In its ideal form, it creates valuable and positive change in the followers with the end goal of developing followers into leaders.

Jan 08, 2024 2:36:34pm

Transformational leaders know how to encourage, inspire and motivate people to perform in ways that create meaningful change. The result is an engaged place that's empowered to innovate and help shape an place's future success.

Once they are done with their task, they leave and continue with their lives.

Jan 08, 2024 2:25:46pm

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Updated Jan 08, 2024 2:19:54pm

Jan 08, 2024 2:19:54pm

And Here's a Fairy Tale Called 'Touched by an Angel' to Inspire You and Give You Courage

There was once a little girl named Sarah. She was nine years old, happy, and full of energy. Her mom and dad loved her dearly.

But Sarah's mom was gravely ill. She had cancer. Because of the illness, she was in a lot of pain. She did not live in the hospital. She stayed at home, where she was waiting to die. Sarah knew she would lose her mom, and that made her sad.

One night, her mom was in bed sleeping. Sarah and her dad were in the living room. Her dad fell asleep on the sofa while watching TV, and Sarah was busy drawing.

Suddenly, an intense light appeared in the middle of the living room. Sarah saw a beautiful person with wings emerge from the light.

"Who are you?" Sarah asked.

"I am an angel. I assist God in his earthly business with the humans."

"What do you want?"

"I am here to deliver the bad news that tonight is your mom's last night on Earth. She will die tonight. I came to take her with me."

"Oh, please, no, no," Sarah exclaimed. She started crying. "You are an angel! Do a miracle. Heal her from her disease, and let her live instead of taking her with you. She is so young."

"I am afraid I cannot do that. God wants her by His side. She will live with Him forever, happy, healthy, and pain-free."



"But I will never see my mommy again."

"You will see her again when it is your turn to leave this world. Don't worry, little girl. You will only be separated from her for a while. Then you, your mom, and your dad will live happily together in Heaven," the angel consoled.

"Thank you, angel. I feel better now," said Sarah. When that happened, the angel disappeared. Then, Sarah ran to her mom's bedroom. Her mom was still and did not breathe. The angel took her, Sarah thought. Sarah ran to the living room and woke her dad up.

"Mom is gone," Sarah said.

Her dad went to the bedroom and started crying, but Sarah didn't. She knew that her mom had gone to a better place and that she would see her again in Heaven. Sarah hugged her dad and wiped his tears off his face.

The End.

By S. Papageorgiou

Jan 08, 2024 2:17:06pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/How-write-story-book-Kids-ebook/dp/B07M9FN9WP/ref=sr\\_1\\_5?crid=1UCIIT7E39VN9&keywords=how+to+write+a+story+a+book+for+kids&qid=1704716061&srefix=how+to+write+a+story+a+book+for+kids%2Caps%2C156&sr=8-5](https://www.amazon.co.uk/How-write-story-book-Kids-ebook/dp/B07M9FN9WP/ref=sr_1_5?crid=1UCIIT7E39VN9&keywords=how+to+write+a+story+a+book+for+kids&qid=1704716061&srefix=how+to+write+a+story+a+book+for+kids%2Caps%2C156&sr=8-5)

[https://www.amazon.co.uk/How-write-story-book-Kids-ebook/dp/B07M9FN9WP/ref=sr\\_1\\_5?crid=1UCIIT7E39VN9&keywords=how+to+write+a+story+a+book+for+kids&qid=1704716061&srefix=how+to+write+a+story+a+book+for+kids%2Caps%2C156&sr=8-5](https://www.amazon.co.uk/How-write-story-book-Kids-ebook/dp/B07M9FN9WP/ref=sr_1_5?crid=1UCIIT7E39VN9&keywords=how+to+write+a+story+a+book+for+kids&qid=1704716061&srefix=how+to+write+a+story+a+book+for+kids%2Caps%2C156&sr=8-5)

Updated Jan 08, 2024 2:14:57pm

Jan 08, 2024 2:14:57pm

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Updated Jan 08, 2024 2:09:16pm

Jan 08, 2024 2:09:16pm

[https://www.amazon.co.uk/Creative-Writing-Book-Louie-Stowell/dp/1409598780/ref=pd\\_bxgy\\_img\\_d\\_scl\\_1/261-2577289-0826608?pd\\_rd\\_w=QvBFv&content-id=amzn1.sym.40f919ed-e530-4b1a-8d7e-39de6587208d&pf\\_rd\\_p=40f919ed-e530-4b1a-8d7e-39de6587208d&pf\\_rd\\_r=3XAD7P4GXXC34F18WXX4&pd\\_rd\\_wg=QdSWf&pd\\_rd\\_r=61216dd7-c197-417a-8e48-3df7f79199d9&pd\\_rd\\_i=1409598780&pssc=1](https://www.amazon.co.uk/Creative-Writing-Book-Louie-Stowell/dp/1409598780/ref=pd_bxgy_img_d_scl_1/261-2577289-0826608?pd_rd_w=QvBFv&content-id=amzn1.sym.40f919ed-e530-4b1a-8d7e-39de6587208d&pf_rd_p=40f919ed-e530-4b1a-8d7e-39de6587208d&pf_rd_r=3XAD7P4GXXC34F18WXX4&pd_rd_wg=QdSWf&pd_rd_r=61216dd7-c197-417a-8e48-3df7f79199d9&pd_rd_i=1409598780&pssc=1)

Jan 08, 2024 2:08:29pm

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%2Cstripbooks%2C169&sr=1-6

[https://www.amazon.co.uk/Write-Your-Own-Scripts-1/dp/1474969100/ref=sr\\_1\\_6?  
crid=219O25AT1LGC2&keywords=writing+scripts&qid=1700922788&s=books&prefix=writing+scripts](https://www.amazon.co.uk/Write-Your-Own-Scripts-1/dp/1474969100/ref=sr_1_6?crid=219O25AT1LGC2&keywords=writing+scripts&qid=1700922788&s=books&prefix=writing+scripts)

%2Cstripbooks%2C169&sr=1-6  
Updated Jan 08, 2024 2:08:10pm

Jan 08, 2024 2:08:10pm

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Updated Jan 08, 2024 1:58:52pm

Jan 08, 2024 1:58:52pm

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Updated Jan 08, 2024 1:54:28pm

Jan 08, 2024 1:54:28pm

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Updated Jan 08, 2024 1:46:24pm

Jan 08, 2024 1:46:24pm

I think I am underestimating everybody's intelligence, but I'll tell it anyhow. I feel obliged to say it. She will have to live with a bodyguard or more for the rest of her life. Everywhere she goes, she will be with one protecting her.

Jan 08, 2024 1:41:14pm

I've been in the Vatican City. I visited it with Opus Dei.

Jan 08, 2024 1:25:03pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=a2Ko0k2c33A&si=mlkkzOgOIQKS92vL>

Updated Jan 08, 2024 1:13:04pm

Jan 08, 2024 1:13:04pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_N784W3at8c&si=1CtNyaXReVgDJofM](https://youtube.com/watch?v=_N784W3at8c&si=1CtNyaXReVgDJofM)

Updated Jan 08, 2024 12:55:52pm

Jan 08, 2024 12:55:52pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all four parts of the book of New Cyprus and the New World:

<https://anti-psychiatry.com/>

Updated Jan 08, 2024 12:28:00pm

Jan 08, 2024 12:28:00pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are all three parts of the book of New Cyprus and the New World:

<https://anti-psychiatry.com/>

Updated Jan 08, 2024 12:03:57pm

Jan 08, 2024 12:03:57pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=5VBxPo2K\\_QU](https://youtube.com/watch?v=5VBxPo2K_QU)

Updated Jan 08, 2024 11:56:56am

Jan 08, 2024 11:56:56am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=apFqJ49VstY>

Updated Jan 08, 2024 11:52:46am

Jan 08, 2024 11:52:46am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AGJrr9QnwVI>

Updated Jan 08, 2024 11:49:26am

Jan 08, 2024 11:49:26am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Ulay2FvUEd8>

Updated Jan 08, 2024 11:45:29am

Jan 08, 2024 11:45:29am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Fpu5a0Bl8eY>

Updated Jan 08, 2024 11:41:23am

Jan 08, 2024 11:41:23am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=W8r-tXRLazs>

Updated Jan 08, 2024 11:36:06am

Jan 08, 2024 11:36:06am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=1RHBAAd5YUR8>

Updated Jan 08, 2024 11:31:36am

Jan 08, 2024 11:31:36am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=d4-1ASpdT1Y>

Updated Jan 08, 2024 11:29:00am

Jan 08, 2024 11:29:00am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=aPEhQugz-Ew>

Updated Jan 08, 2024 11:25:12am

Jan 08, 2024 11:25:12am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=N-aK6JnyFmk>

Updated Jan 08, 2024 11:18:20am

Jan 08, 2024 11:18:20am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=2-htOxs3ig>

Updated Jan 08, 2024 11:02:22am

Jan 08, 2024 11:02:22am

**Solon Papageorgiou shared a link.**

<https://youtube.com/shorts/NA-ny5J4TCU?si=Od7kdfMpk9cKRIaE>

Updated Jan 08, 2024 10:55:40am

Jan 08, 2024 10:55:40am

**Solon Papageorgiou shared a link.**

<https://youtu.be/O9MvdMqKvpU?feature=shared>

<https://youtu.be/O9MvdMqKvpU?feature=shared>

Updated Jan 08, 2024 10:50:14am

Jan 08, 2024 10:50:14am

**Solon Papageorgiou shared a link.**

<https://youtu.be/2G6dd7ikrXs?feature=shared>

<https://youtu.be/2G6dd7ikrXs?feature=shared>

Updated Jan 08, 2024 10:45:54am

Jan 08, 2024 10:45:54am

**Solon Papageorgiou shared a link.**

<https://youtu.be/mzABW42AlhM?feature=shared>

<https://youtu.be/mzABW42AlhM?feature=shared>

Updated Jan 08, 2024 10:39:52am

Jan 08, 2024 10:39:52am

**Solon Papageorgiou shared a link.**

<https://youtu.be/wlY3CviQQ74?feature=shared>

<https://youtu.be/wlY3CviQQ74?feature=shared>

Updated Jan 08, 2024 10:32:56am

Jan 08, 2024 10:32:56am

She's still fertile. She is even gonna have children. That's sad.

Jan 08, 2024 10:27:15am

She can take 130 000 000 people in her lifetime.

Jan 08, 2024 10:07:26am

She can take up to 10000 men a day.

Jan 08, 2024 10:04:45am

Women can have orgasms all day long.

Jan 08, 2024 10:00:38am

**Solon Papageorgiou shared a link.**

<https://youtu.be/1QOOiOfJ1I?feature=shared>

<https://youtu.be/1QOOiOfJ1I?feature=shared>

Updated Jan 08, 2024 9:55:44am

Jan 08, 2024 9:55:44am

Do you know that are immortal fish? Unfortunately, they are very small and eaten by larger fish.

Jan 08, 2024 9:44:27am

**Solon Papageorgiou shared a link.**

[https://youtu.be/GC\\_mV1IpjWA?feature=shared](https://youtu.be/GC_mV1IpjWA?feature=shared)

[https://youtu.be/GC\\_mV1IpjWA?feature=shared](https://youtu.be/GC_mV1IpjWA?feature=shared)

Updated Jan 08, 2024 9:38:41am

Jan 08, 2024 9:38:41am

In the worst case scenario, we will all live underwater.

How's that?

Jan 08, 2024 9:37:44am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=WWf3Wm\\_9sxc&si=EXmxSQKjkZnym3oX](https://youtube.com/watch?v=WWf3Wm_9sxc&si=EXmxSQKjkZnym3oX)

Updated Jan 08, 2024 9:23:55am

Jan 08, 2024 9:23:55am

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

And here are both parts of the book of New Cyprus and the New World:

<https://anti-psychiatry.com/>

Updated Jan 08, 2024 9:22:47am

Jan 08, 2024 9:22:47am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=3zwlalC3\\_MA&si=jBRkmVhHB8rDOvFg](https://youtube.com/watch?v=3zwlalC3_MA&si=jBRkmVhHB8rDOvFg)

Updated Jan 08, 2024 9:08:08am

Jan 08, 2024 9:08:08am

Don't worry, I made a version of this book that says, a bit of psychiatric medicine is OK for the space people. If here on Earth, we don't make it, maybe the space colonizers will make it and humanity will survive after all.

Jan 08, 2024 9:04:28am

Up to 24 years old many women are still virgins.

Jan 08, 2024 8:53:08am

Lose of virginity is a very painful process. It takes three months to recover.

Jan 08, 2024 8:46:39am

Many people never marry, many of those that do, cheat each other and many of those that remain married, end in divorce.

Jan 08, 2024 8:44:25am

Women after 30 never marry and half of the women like older men. Even 15 years older than them.

Jan 08, 2024 8:41:10am

The average number of sex partners is 5 to 10.

Jan 08, 2024 8:39:45am

**Solon Papageorgiou shared a link.**

<https://www.rishacademy.com/shop/emergencies-bundle/?ref=467>

Updated Jan 08, 2024 8:38:20am

Jan 08, 2024 8:38:20am

A woman can have sex with ten men at the same time and experience orgasms from all over her body.

You see women used to die at birth.

Γίνεται αναρρόφηση σπέρματος από τη μήτρα και το πιο ανταγωνιστικό γονιμοποιεί το ωάριο.

Jan 08, 2024 8:33:03am

The bentonites or something, one tribe of Israel gave their inheritance for the greater good. It's written in a religious book.

Jan 08, 2024 8:29:02am

The whole basis of psychiatry is based on psychosis, which is the ultimate lie and doesn't exist.

Jan 08, 2024 8:10:58am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jR3tDipck4Y&si=H1gp8LadCIJgUYGv>

Updated Jan 08, 2024 8:06:31am

Jan 08, 2024 8:06:31am

**Solon Papageorgiou shared a link.**

[https://www.quora.com/Who-is-the-most-promiscuous-woman-in-history?ch=1&oid=1754101&share=d1568e56&srid=hwzLxW&target\\_type=question](https://www.quora.com/Who-is-the-most-promiscuous-woman-in-history?ch=1&oid=1754101&share=d1568e56&srid=hwzLxW&target_type=question)

Updated Jan 08, 2024 7:59:44am

Jan 08, 2024 7:59:44am

**Solon Papageorgiou shared a link.**

[https://en.wikipedia.org/wiki/Whore\\_of\\_Babylon](https://en.wikipedia.org/wiki/Whore_of_Babylon)

Updated Jan 08, 2024 7:58:55am

Jan 08, 2024 7:58:55am

**Solon Papageorgiou shared a link.**

[https://www.researchgate.net/profile/\\*](https://www.researchgate.net/profile/*)

Updated Jan 08, 2024 7:48:19am

Jan 08, 2024 7:48:19am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=skWKV8VzLUA&si=wToopu0LjNAZnyr0>

Updated Jan 08, 2024 7:44:16am

Jan 08, 2024 7:44:16am

Humans evolved for and adapted to conditions on Earth. Move us off our planet, and we start to fail—physically and psychologically. The cancer risk from cosmic rays and the problems that human bodies experience in microgravity could be deal-breakers on their own.

Jan 08, 2024 7:39:06am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=r4sYJfPw0Rk>



<https://www.youtube.com/watch?v=r4sYJfPw0Rk>

Updated Jan 08, 2024 7:16:17am

Jan 08, 2024 7:16:17am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=7QPtFy7OnGE&si=XR2Y\\_nf1kv7-IEP0](https://youtube.com/watch?v=7QPtFy7OnGE&si=XR2Y_nf1kv7-IEP0)

Updated Jan 08, 2024 1:08:33am

Jan 08, 2024 1:08:33am

What is the likelihood of Utopia becoming a hit?

The likelihood of a Utopia, or any creative work, becoming a "hit" can vary widely and depends on a multitude of factors. Here are some of the factors that can influence the success of a Utopia:

**Quality of the Work:** The most critical factor is the quality of the Utopia itself. Is it well-written, engaging, and thought-provoking? Does it offer a unique and compelling vision of an ideal society? If the work is of high quality, it is more likely to resonate with audiences.

**Market and Audience:** The target audience and the current market trends play a significant role. A Utopia that aligns with the interests and values of a broad audience or a specific niche may have a higher chance of becoming a hit.

**Timing:** The timing of the release of the Utopia can be crucial. Sometimes, a work that addresses current social or political issues or speaks to the concerns of its time has a better chance of success.

**Marketing and Promotion:** Effective marketing and promotion can significantly boost the visibility and success of a Utopia. This includes advertising, social media, reviews, and endorsements from influential figures.

**Author's Reputation:** If the Utopia is created by a well-known and respected author, it may have a better chance of success due to the author's existing fan base.

**Cultural Relevance:** Utopias that tap into and reflect current cultural, social, or political discussions and concerns have a better chance of resonating with the public.

**Word of Mouth:** Positive word of mouth and recommendations from those who have already experienced the Utopia can help it gain popularity.

**Distribution Channels:** The channels through which the Utopia is distributed, such as bookstores, streaming platforms, or online forums, can impact its accessibility and reach.

**Critical Acclaim:** Positive reviews and critical acclaim from experts and critics in the relevant field can boost a Utopia's chances of success.

**Uniqueness:** A Utopia that offers a fresh and distinctive take on the concept of an ideal society may capture people's imagination.

It's important to note that predicting the success of a creative work, including a Utopia, is highly uncertain. Many popular and influential works were initially not expected to be successful, while others that had high expectations didn't meet them. Success can be influenced by a combination of factors and, to some extent, be a matter of luck. Ultimately, whether a Utopia becomes a "hit" is a complex interplay of these and other variables, and there are no guarantees.

Jan 08, 2024 1:05:19am

**Solon Papageorgiou shared a profile.**

<https://www.facebook.com/cnn>

Updated Jan 07, 2024 9:17:19pm

Jan 07, 2024 9:17:19pm

**Solon Papageorgiou shared a link.**

<https://www.cbs.com/>

<https://www.cbs.com/>

Updated Jan 07, 2024 9:16:47pm

Jan 07, 2024 9:16:47pm

Αυτή η αλήθεια δεν κρύβεται σου λέω.

Jan 07, 2024 8:53:21pm

Η αλήθεια δεν κρύβεται. Ειδικά αν λοιμοκτωνείς από την πείνα.

Jan 07, 2024 8:52:21pm

Εδώ στην Κύπρο θα αφήναν μόνο το 1% του πλυθυσμού, ίσως, δεν ξέρω σίγουρα. Αυτοί θα πήγαιναν στα καταφύγια.

Jan 07, 2024 8:06:02pm

**Solon Papageorgiou shared a link.**

<https://www.alerttv.com.gr/>

<https://www.alerttv.com.gr/>

Updated Jan 07, 2024 8:00:09pm

Jan 07, 2024 8:00:09pm

**Solon Papageorgiou shared a link.**

<https://anti-psychiatry.com/>

Here is the book of New Cyprus and the New World:

<https://anti-psychiatry.com/>

Updated Jan 07, 2024 4:44:07pm

Jan 07, 2024 4:44:07pm

Το βιβλίο είναι σχεδόν έτοιμο. Βαρίεμαι να το υπογίσω τώρα, αλλά θα το διαβάζουν εκατοντάδες χιλιάδες με εκατομύρια άτομα το μήνα!

Jan 07, 2024 4:26:52pm

"Intelligence is a complex and multifaceted trait. It's not simply a measure of our ability to absorb and process complex information effectively. Rather, it's a dynamic blend of cognitive skills, emotional intelligence, and personal experiences. David Robson's concept of the intelligence trap challenges conventional wisdom, highlighting that

intelligence can paradoxically lead us to fall into cognitive biases and faulty reasoning. We get caught in the intelligence trap when it is hard to think past our readily accessible feelings and ideas. Once we become overly reliant on our existing knowledge and perspectives, we are in for a treat, not always in a good way. Interestingly, highly intelligent individuals often struggle to learn from their mistakes or truly consider the viewpoints of others. They may defend their opinions with increasingly complex arguments, even despite contrasting evidence. This overconfidence can lead to a significant "bias blind spot," where they fail to recognize their prejudices. The intelligence trap is not a selective phenomenon; it can affect anyone. We don't need to downplay our intelligence or expertise to navigate around it. Instead, we should foster an environment that encourages the exploration of different perspectives." Highlighted from The Intelligence Trap — Why Smart People Do Stupid Things and How to Make Wiser Decisions with Headway App

[&Bag2]

Jan 07, 2024 1:15:33pm

"When we don't recognize our overthinking behavior for what it is, it's impossible to get over it. And as long as we rely on decision-making styles that encourage overthinking, we're going to spend a lot of time overthinking. But once we see what's really going on, we can begin to change. It will feel like a battle at first — especially if we've been analyzing things to death our whole lives — but with time, it will begin to feel like a habit." Highlighted from Don't Overthink It with Headway App

Jan 07, 2024 1:14:22pm

"Understanding and engaging with strangers isn't just about being polite; it's about being informed and thoughtful. It's easy to make snap judgments based on a person's appearance or the sound of their voice, but history teaches us that this can lead to big mistakes. Think about it: some people thought Hitler was friendly and trustworthy when they first met him. Context is another key ingredient in dealing with people. A casual encounter at a café or a rushed meeting at an airport might not provide enough context to truly understand someone's background, beliefs, or motivations. Every person you meet carries with them a lifetime of experiences, dreams, fears, and memories. To assume we know someone's story from just a brief interaction is not only naive but can also be unjust. For instance, someone might appear standoffish or impolite at first, but maybe they just received heartbreaking news or are having a really bad day. Conversely, someone bubbly and vivacious may be masking deep-seated pain or anxiety. It's crucial to remember that first impressions, though powerful, are only the tip of the iceberg. In a world that's increasingly divided, taking the time to understand and connect with others can bridge gaps, break down barriers, and remind us of our shared humanity." Highlighted from Talking to Strangers with Headway App

Jan 07, 2024 1:13:51pm

Solon Papageorgiou shared a link.

<http://zadarma.com/>

Αν δεν έχεις mobile Internet, να βάλεις. Με την Primetel είναι πολύ φθηνό.

[&Globe]

Μπορείς να πάρεις παγκύπριο αριθμό, 8000 στο [zadarma.com](http://zadarma.com) .

[&Clock]

Updated Jan 07, 2024 1:11:54pm

Jan 07, 2024 1:11:54pm

"The trending mantra in our society is always to be positive no matter the circumstances. This constant chant of positivity unwittingly teaches us to care about everything all the time. Sadly, caring more doesn't guarantee you'll be happier and live a better life. If you want to live a healthier and more content life, you have to start caring about only what is truly important and nothing else. We care too much about things that don't matter, and this does nothing but make us feel bad about ourselves. We feel a certain emotion for some reason or no obvious reason, and having this

emotion makes us feel even worse. The key to getting out of this loop is to stop caring about our negative emotions like anxiety, anger, guilt, fear, etc. It's okay to have these feelings. It's normal to feel bad sometimes. Beating yourself up for having certain emotions will do you no good. In essence, maturity is about paying attention to only essential things. This simplification brings us genuine happiness. We try to do too much in life, which results in stress and grief. We all need to learn to stop caring about the things that are causing us pain. Choose to focus on what you want to care about and develop a more constructive approach to work, love, and life." Highlighted from The Subtle Art of Not Giving a F\*ck with Headway App

Jan 07, 2024 1:11:13pm

"A memory lane can give us valuable information about inherited emotional patterns and help to refine them. As a result, we indicate the direction for improvement and become more engaged in our ongoing relationships. However, reflecting on our past alone wouldn't make a big difference without enriching our emotional communication skillset. In a perfect world, people would read between the lines and understand each other at a glance. It means they wouldn't feel difficulty expressing their feelings or understanding even unsaid bids. Nevertheless, human communication is more complicated than that: shame, fear of misunderstanding, and understatement of our feelings' significance are the tip of the iceberg that forces us to hide our emotions. Instead, we combine words, facial expressions, gestures, and other elements when we strive for attention, flirt, or are deeply dissatisfied." Highlighted from The Relationship Cure with Headway App

Jan 07, 2024 1:10:40pm

"And the good news is that navigating the diversity of verbal and nonverbal communication signals can enact meaningful changes in our bidding and reaction to people's emotional messages. So, let's start with one of the most popular components of communication — facial expressions. This bidding tool is impossible to underestimate: people convey sadness when bringing together the inner corners of their brows and lower lips outside corners. Alternatively, they purse their lips when they disprove something. 'Reading' faces is easier when we possess good intuition. However, such simple steps as learning a person's relaxed facial expressions, asking questions about one's feelings when it changes, and mastering observation skills are great for honing attentiveness and benefiting from it in bidding. Have you ever noticed how your friend constantly touches one's nose or mouth during the conversation? Most likely, one experienced tension and couldn't even say it. And what about holding hands? This touch cue reveals people's attachment to each other. See? No words are needed. The truth is, even such insignificant physical movement broadcasts valuable emotional data. Become a curious and caring observer, and you'll understand that another person is full of regrets or delight. An ability to 'read' others is vital for enhancing bidding for emotional linking." Highlighted from The Relationship Cure with Headway App

Jan 07, 2024 1:10:15pm

"Understanding the mechanics of verbal and nonverbal communication is essential for denuding the feelings of our loved ones and building solid mental bridges between our hearts." Highlighted from The Relationship Cure with Headway App

Jan 07, 2024 1:09:42pm

"Although two people can speak the same language, they don't necessarily use the same means of emotional communication. Most of our relationships fail because we underestimate the importance of talking with each other and exploring the uniqueness of emotional communication styles. Thus, whether you're falling head over heels in love or have been happily married for twenty years, it's an excellent time to learn or remind yourself of the essentials of emotional connection. When it comes to expressing our needs for connection, aka bidding for connection, there are no inconsequential details. From flirting glances to verbally expressed observations, bids are like bridges that help our emotional space link. That is why becoming an explorer is the best solution for anyone aspiring to change one's relationships with the dearest and everyone else. By analyzing our emotional command systems, we understand why we feel what we feel and whether we hurt others intentionally or because we cannot handle our emotional rollercoaster. Likewise, by learning about bidding mistakes and our emotional legacy, we gain valuable insights into who we are emotionally and whether we like these selves at all. We cannot suddenly become masters of conversation and empathy — every bid is an opportunity to fine-tune our emotional connectedness to others. We must hone communication skills, constantly keeping in mind that all people are different in how they express their feelings. Luckily, the introduced practices are a great way to decipher the code of any sensitive treasure trove." Highlighted

from The Relationship Cure with Headway App

Jan 07, 2024 1:09:16pm

"Understanding human nature and common habits makes it easier to develop communication skills and improve relationships. Remember first impressions, make your non-verbal cues positive, and be well-prepared for meetings. By using the techniques we discussed, you will gain the confidence you need to make friends, attract people you want to have in your life, and find reliable business partners. No one is born with a perfect set of communication techniques. We learn these things as we grow, developing and enhancing them. Some people may seem more confident because they know how to approach others. Most of the time, charisma has nothing to do with that. If you want someone to help you: • Let them know they will also benefit. • When you lend someone a favor, don't rush to have them pay you back. • Wait for a while - it will make them want to help you." Highlighted from How to Talk To Anyone with Headway App



Jan 07, 2024 1:07:59pm

"The ability to effectively make friends and influence people comes down to the basics, the things which we have forgotten as the years have rolled by. We're far too concerned with the material, fancy things in life, and the latest celebrity gossip. However, the ability to connect with others on a real, human level is right there in front of us. We have lost the ability to see it. It's possible to develop solid and genuine relationships with people simply by being honest and open. This cannot be done on a messaging app or the telephone. It's far better to be present in the moment and speak to people face to face. By treating other people how you want to be treated, you cannot go wrong. You will gain the respect of others simply by being a kind and considerate person. If more of us followed this advice, the world as a whole would be a better and kinder place. It comes down to the simple things in the end. So, be honest, be yourself, admit your mistakes, avoid confrontation, put yourself in the shoes of others, and raise people rather than knocking them down. Become a person that people want to be around. By doing that, you'll have far more influence than you could ever dream of. How does this benefit you? Endlessly! From love to friendships, family connections to work situations, knowing how to interact and communicate properly with other people opens up a wealth of opportunities. The good news is that with a little focus and effort, anyone can master these skills." Highlighted from How to Win Friends and Influence People in the Digital Age with Headway App



Jan 07, 2024 1:05:54pm

### Final summary

The ability to attract and connect with others is a skill anyone can develop. By learning this skill, you can become someone who uplifts all those you interact with.

Meaningful human connections start with focusing outward, not inward. Work on overcoming your shyness and self-doubt by having conversations with strangers as often as possible. Ask questions, listen intently, and validate others' perspectives before sharing your own.

When networking, lead by generously sharing your gifts. Offer your knowledge, talents, and compassion freely without expecting anything in return. You'll be amazed at how often gifts flow back to you organically.

So commit to the lifelong journey of connecting authentically with others. With an open heart and a little courage, you have the power to transform each encounter into a meaningful human exchange.

Taken from 'How to Be People Magnet.'

Jan 07, 2024 1:05:12pm

### Final Summary

It's important to treat all women the same way by being a gentleman, reading their cues, and making them smile. This will help build trust and confidence in yourself. Next, don't waste your time pursuing women who aren't interested in you, as it won't lead to a happy relationship. Instead, approach women at private events or in public places with a light-hearted conversation and positive attitude. Once you've exchanged numbers, wait three days before calling and keep the conversation short and friendly. Finally, for first dates, keep things light and positive by asking questions and engaging in activities that allow for conversation and physical contact. Remember, each woman you meet teaches you something about the right match for you, so don't be discouraged if things don't work out.

Taken from 'How to be 3% Man.'

Jan 07, 2024 1:04:09pm

### Final summary

The key message in this book:

To seduce someone, you have to maintain the upper hand and understand what makes a person enticing. Use the power of psychological techniques to attract your target's attention. Be confident, instill the right feelings in them and enchant your target by attuning yourself to their emotions. Remember to be subtle and mysterious, and to pay attention to details. Control your demeanor and behavior and, perhaps most importantly, stay unpredictable.

Actionable advice:

Surround yourself with friends and admirers.

To appear more desirable to someone, make sure that he or she sees you surrounded by friends or flirts. The way your target sees you will be influenced by the perceptions of others, and the more admirers you have around you, the more attractive you'll appear to your target.

Taken from 'The Art of Seduction.'

Αυτό το βιβλίο είναι διαφορετικό.

Jan 07, 2024 1:03:43pm

### Final summary

Whether a relationship lasts or fails is ultimately up to you. To be the best version of yourself, you need to truly understand women – what they want, and how they think.

If you're genuine, passionate, and interested in her, she will see you as trustworthy – which is generally a woman's most important criteria when becoming romantically involved. Keep this in mind in all aspects of the relationship: dating, kissing, sex, even the inevitable conflicts as things get more serious.

Sure, women can be a confusing mystery, but that's not a reason to be afraid. Love is an adventure, and there's always more to discover. Embrace the mystery, and love her with everything you have.

Taken from 'The Man's Guide to Women.'

Jan 07, 2024 1:03:09pm

### Final summary

The key message in this book:

Romantic love as we know it has developed throughout our evolutionary history. By harnessing our knowledge of the science of love, we can keep the romantic spark alive and deal with the negative feelings of rejection.

Taken from 'Why we Love.'

Jan 07, 2024 1:02:32pm

Know when to leave a relationship.

To be in a relationship is a journey, but sometimes, that journey reaches a crossroads. People change, the love dies out, and the differences are just too big to be ignored. But this should never be seen as a failure. Some relationships are meant to end to teach you valuable lessons you can carry forward. Unfortunately, some remain reluctant to read the signs, unsure when it's time to let the relationship go. If you find yourself in such a situation, there are several indicators to watch out for.

One glaring sign is when the relationship is already damaging to you. You're no longer yourself, and you lose your self-esteem in the process, too.

Another indication is when your needs aren't met. Your partner may be expressing love in a way that doesn't satisfy your deep emotional needs, or you may be looking for a different kind of experience altogether.

It's also time to let the relationship go when you're no longer on the same page. You may not have the same goals anymore, forcing the relationship to stop moving forward.

Additionally, you and your partner might be experiencing serious conflicts that you can't resolve any longer. According to marriage specialist Dr. John Gottman, there are four types of these conflicts that often lead to breakups. The first is criticism—your partner says offensive remarks targeted at who you are. The second is stonewalling—your partner withdraws and shuts down communication. The third is defensiveness—your partner places the blame on you instead of taking responsibility. Finally, there's contempt—your partner blatantly belittles you and doesn't offer support.

If you experience one or multiple of these signs, it's your cue to start reconsidering the relationship. Ask yourself whether you can still tolerate your significant other's behavior and work out your issues together.

If the answer isn't a solid yes, it's high time to bow out of the relationship. Remember that failed relationships don't automatically label you as a failure, and it's okay to leave when it's really time to do so. Ground yourself in self-love, and you'll know that being single doesn't equate to being lonely.

Jan 07, 2024 1:02:01pm

Follow these ten rules when in a relationship.

Relationships are so complex that you can't just jump into one blindly. Just as a ship needs navigation equipment to reach its destination, you and your partner need relationship rules to increase your chances of success.

Vex King outlines ten important relationship rules that can guide you on this journey.

**Rule #1.** Don't forget the small gestures. While seemingly insignificant, it's the little things that help keep your relationship from going stale. Regularly show small gestures of love like sending cute texts or trying out a new hobby together.

**Rule #2.** Address conflicts fairly. When fighting with your partner, avoid aiming to be right or winning the argument. Instead, be emotionally mature. Practice compassion and fairness.

**Rule #3.** Keep the intimacy alive. Being intimate doesn't only mean engaging in physical affection. There's emotional and intellectual intimacy, too. Nurture intimacy in the relationship by showing appreciation, staying curious about each other, and sharing experiences.

**Rule #4.** Hold up your end of the deal. A relationship needs two to tango, so make sure you do your part, especially when it comes to the chores.

**Rule #5.** Discuss difficult topics. At some point in time, your incompatibilities will create a crack in the relationship. Before it completely breaks you apart, have a talk about it.

**Rule #6.** Don't compare your partner to your ex, to other people, and to past versions of themselves. Comparisons are

disrespectful, and a healthy relationship doesn't have room for such undermining behavior.

Rule #7. Create a plan. Right from the get-go, you and your partner should talk about what your couple goals are, how would you handle conflict together, and how each of you fit into the other's future.

Rule #8. Accept your individual differences. No matter how hard you try, you can't mold your partner to become your ideal of them. They are their own person, and all you can do is embrace that.

Rule #9. Foster friendship. True friends support, respect, and listen to each other. When you treat your partner like how you would your friend, you can be sure that your relationship will go a long way.

Rule #10. Value self-development. Being in a relationship doesn't mean you lose yourself to be one with your partner. Both of you need to cultivate personal growth to help your relationship blossom.

From the book 'Closer to Love.'

[&eh6][&eh7][&eh8][&eh9][&eh10]

Jan 07, 2024 1:01:22pm

### Final summary

The secret to transforming your approach to relationships is connection: connection with yourself and connection with your partner. To connect with yourself, you need to discover who you are deep down, from your needs and boundaries to your emotional scars and attachment style. Only when you connect and work on yourself will you be able to form genuine relationships.

Once you get into a relationship, you then need to dedicate yourself to connecting with your partner. Learn how to handle their triggers, keep the love burning, and manage conflicts that come your way. Relationships demand ongoing effort, and they will only thrive when you give them consistent care and cultivation.

From the book 'Closer to Love.'

Jan 07, 2024 12:59:54pm

Similarly, strive to double the amount of time you think you should spend with your children – and cut the amount of money you spend on them in half. As with any significant relationship, it's your presence they'll remember, not your presents. Reading to or with your kids is one example of a low-cost activity with a high return on investment.

On those rare occasions your child comes to you wondering what they should do, put your own preferences on hold and first ask what they want. More often than not, the best advice is to advise them to do just that.

[&p1][&p2][&p9][&p6][&p12]

Jan 07, 2024 12:59:03pm

### Excellent advice for parenting

To parent, or not to parent. That is one of life's biggest questions.

Raising children is equal parts challenge and reward. If you already have kids or are looking to start a family soon, here are some lessons Kelly learned while bringing up his own.

To start with the counterintuitive, one of the best things you can do for your children is to prioritize your relationship with your partner. As the leaders of your family, the love and respect you show for each other provides a powerful model and fosters an atmosphere of psychological safety. Both are tremendously influential.

Equally counterintuitive – and critical – for psychological safety are rules. Kids actually crave clearly defined boundaries. A few explicit statements framed as "Our family has a rule for XYZ" can be worth their weight in gold.



From this foundation, start to build a handful of family rituals into your days and weeks. The size or significance of these routines is irrelevant. What counts is their consistency and the meaning you imbue them with. Dinners together, for instance, may seem like a trivial commitment. But in practice, these meals can offer monumental nourishment – both physically and emotionally. Just make sure it's designated device-free time!

[&eh26][&eh41][&eh40]



Jan 07, 2024 12:58:27pm

When you do speak, make sure that what you say checks three criteria: it's true, necessary, and kind. Life will become lighter if you prioritize being considerate over being correct in your conversations with others.

Finally, while generosity is a great virtue to pour into your relations with others, stinginess is best when accepting engagements and making promises. Ultimately, people would prefer you didn't commit in the first place than have you say yes initially, only to pull out at the last minute. You can provide a reason if you'd like, but remember that a polite "no" is a perfectly valid response in and of itself.



Jan 07, 2024 12:56:56pm

Certainly! Artificial Intelligence (AI) is a rapidly growing field that has the potential to revolutionize the way we live and work. AI can be used to automate repetitive tasks, analyze large amounts of data, and make predictions based on patterns in data. In the workplace, AI can help humans work more efficiently by taking on tasks that are time-consuming or require a lot of manual effort. For example, AI can be used to automate customer service, analyze financial data, and even help doctors diagnose diseases. However, AI is not a replacement for human workers. Instead, it is a tool that can be used to augment human capabilities and help us work more effectively. To learn more about how humans and AI can work together, you may find the following resources helpful:

How Humans and AI Are Working Together in 1,500 Companies: This article from Harvard Business Review explores how AI can be used to augment human intelligence and improve business processes.

Combining Intelligence: How People And AI Can Collaborate: This Forbes article discusses how AI can be used to enhance human creativity and productivity.

How Can Humans Work With Artificial Intelligence?: This article from the University of Chicago Booth School of Business provides insights into how humans can work with AI to achieve better outcomes.

Is there anything else I can help you with?

Jan 07, 2024 12:03:46pm

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Updated Jan 07, 2024 9:49:34am

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The Seven Desires and how to learn Web/Mobile Software Development and Artificial Intelligence!

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<http://udemy.com/>

For Web development one path is to learn HTML5, CCS3, TailwindCSS, JavaScript, TypeScript, VueJS, MySQL, Linux Administration, Docker with nginx, CI/CD with Bitbucket pipelines, PHP, Laravel.

With Apache Cordova or Ionic and HTML5, CSS3, TailwindCSS and JavaScript or Typescript you can easily build mobile applications for Android and iOS.

[Udemy.com](https://www.udemy.com/) has Artificial Intelligence and Ethical Hacking video courses for just 15 Euros each.

The seven desires: Peace of mind, health, happy relationships, financial freedom, worthy goals and ideals, self-awareness, self-actualization.

Updated Jan 07, 2024 9:11:57am

Jan 07, 2024 9:10:00am

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Updated Jan 07, 2024 8:49:17am

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For better Web security don't forget your SSL certificate for your website.

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Jan 07, 2024 8:30:51am

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Updated Jan 07, 2024 8:26:06am

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Updated Jan 07, 2024 7:57:30am

Jan 07, 2024 7:57:30am

Final summary

The key message in this book:

Too often, we focus on the wrong things in life, which results in stress and disharmony. To increase your quality of life, you need to identify your priorities, replace urgency with importance and create balance between all your tasks. You can do this by having a future-oriented vision, which will help you set effective goals. When you put your "first things" first, instead of putting the urgent or smaller things first, you'll achieve happiness and inner peace.

Jan 07, 2024 7:51:11am

Instead of focusing on what's urgent, focus on what's important.

Most people arrange their daily schedules by doing things they think are urgent and important, such as going to

work or visiting family.

The problem is that often the "urgent" and "important" things in our lives aren't the same. When we have to choose between doing tasks that are urgent, and tasks that are important, most people choose the urgent ones.

There are a few reasons for this. For one, urgency is a status symbol in Western societies: if a person is stressed from having too much work, we assume they must be important. If a person isn't stressed out, they often want to defend themselves, so they don't seem insignificant.

Another reason is biological: taking care of urgent responsibilities can give you an adrenaline rush, which makes you feel energized and alive.

Unfortunately, when we focus on urgency, we have less time for what's really important. For example, imagine you haven't had much time with your family lately, so you plan a family evening, only to have your boss ask you to join a business dinner that same day. What would you do? Most people would choose the business dinner and postpone the family evening for later. Though you can postpone the family evening, decisions like that can cause distrust and disappointment in your family in the long-run. That mistrust is much harder to fix than to prevent.

Important things like spending time with family are what bring us long-lasting happiness, but these things are rarely urgent, so they can be easy to neglect. But in the end, it's possible you'd be happier not attending the meeting. Surely, you can't choose your family in every case, but you also shouldn't always let urgent things get in the way of what's truly important.

Jan 07, 2024 7:50:27am

### Final summary

When it comes to a long-lasting relationship, don't leave anything to chance! You need to figure out your own attachment style and then try to find a partner who is able to give you what you want and need.

#### Actionable advice:

If you have a problem with your partner, tell them! It's no good for anyone if you let a small problem fester over time. This can be an enormous strain on your relationship! Instead, tell your partner when you are unhappy without letting other issues obscure your discussion. This way you can both work on a solution.

Try to figure out your own attachment style. If you want to have a healthy and happy relationship, you'll first need to have a better understanding of yourself and your needs. Knowing your attachment style can help you not only to better understand your needs but also better communicate those needs and find a partner who is able to fulfill them.

From the book 'Attached.'

Jan 07, 2024 7:49:08am

### How can I get the love and the sex that I want?

Here's the thing. You're never going to find the perfect partner and your relationship is never going to be perfect, either. So to help you get the love you want, here are two things that you can do to make sure your relationship works:

First, approve of yourself. Live your life exactly how you want. People who like you for who you are will stick around. And those who don't? Well, they won't.

Second, set boundaries. When you do this, you create an atmosphere where you and your partner can be intimate and vulnerable together. Your partner feels secure and, in turn, loved. Boundaries will create respect between you and your partner.

And here's something for you to think about if you're single or your relationship has come to an end: do something different. Don't choose the same kind of partner. Break the nice-guy cycle of picking someone who needs help or has had bad relationships or money problems in the past. Find someone who's taking responsibility for their own life.



And another important thing: don't let the relationship become sexual until you really know the other person. Why? Once your relationship becomes sexual, you stop learning about each other, and it becomes more difficult to break up if you discover things about your partner that are unacceptable to you.

And what about when it does come to sex?

Well, almost all Nice Guys Glover has worked with have had some form of unaddressed fear and shame about being sexual and being sexual beings. Sex is where everything – their toxic shame, their fear of abandonment, and all their myriad dysfunctional coping mechanisms become amplified. The way this manifests itself includes not getting enough, having dissatisfying sex, sexual dysfunction, sexual repression, or some form of sexual compulsion – and that could be a pornography addiction, peep shows, cybersex, using 900 numbers, or even frequenting prostitutes.

So what can you do about this?

The first thing to do is come out of the closet! Get that fear and shame out in the open where it belongs. **DO NOT SKIP THIS STEP!** Talk about your sexuality, your sexual history, and your experiences. Share pornography that you find arousing. And while you do all this, don't repress your feelings whether those be shame, guilt, fear, or even arousal.

Next, learn to take matters into your own hands. Literally. Before you can have really passionate fulfilling sexual experiences you must learn to experience the same by yourself through healthy masturbation – and that means without pornography or fantasizing. After all, if you can't pleasure yourself without such distractions it's likely you won't be able to with someone else without the need for similar distractions. Learn what feels good to you and become responsible for your own sexual pleasure.

And finally, don't settle for anything less than good sex. And that means two individuals each taking responsibility for meeting their own needs. So let go of the idea that you need to be a good lover, be clear and direct about what you want, and choose an available partner. Bad sex is not better than no sex.

Glover says you need to follow the example of the bull moose. Be competitive, strong, fierce, and sexually proud. Bull mooses are just what they are, and they do just what they want to do – and that attracts their prospective mates.

From the book 'No More Mr. Nice Guy.'

Jan 07, 2024 7:45:04am

## Final Summary

You've seen what constitutes a Nice Guy and how childhood experiences can create Nice Guy Syndrome. You've also discovered what you can do to recover from this.

But now, there are two final questions you should ask yourself about your life: Is the life you're creating the one you want? And if the answer to that is no, why not?

The most probable answer to that second question is that fear is getting in the way. Most Nice Guys are controlled by their fear. It's fear that stops you from asking for the raise you deserve. It's fear that stops you from continuing your education. It's fear that stops you from setting up your own business. It's fear that stops you from living where you want to live. And above all, it's fear that makes you afraid of your own success.

So stop settling for your current reality and face your fears head-on. Chart your own life and take responsibility for getting what you want. Visualize it. Work at it. And make your dream your reality.

From the book 'No More Mr. Nice Guy.'

Jan 07, 2024 7:44:16am

How can I reclaim my personal power and masculinity?

Personal power is the power within you to meet problems, challenges, and adversity head-on. When you exhibit personal power, not only do you deal with these, you actively welcome them. It's not that you're unafraid. Actually, it's

because you are afraid that you have the power – you simply don't give in to your fear.

So what can you do to reclaim that personal power? Here are six things you can start today:

First, surrender. Let go of the things you can't control personally.

Second, stop believing things about people and situations that aren't based on reality.

Third, express and embrace your feelings. When you're in touch with your feelings it makes you powerful, assertive, and energized. Everyone has feelings, so face up to your own and recognize that others also have feelings. Let go of the unnecessary baggage you're carrying around with you, too.

Then, face your fears. Healthy fear lets you sense danger. Nice Guys, on the other hand, also have memory fear which originates – and you may remember this from earlier – from not getting their needs met promptly when they were children. Stop playing it safe, and face those fears. Remember that whatever happens, you can handle it!

Fifth, develop integrity. Don't rely on others or second guessing what others would think is the right course of action. Decide what you believe to be right, and do it.

And finally, set boundaries. Don't go overboard with this. Only resist as much as is necessary. Remember that if someone crosses your boundaries, it's not the other person's problem, it's yours. As a Nice Guy, up to now, you've let other people know that it's OK to violate your boundaries. As you change and take responsibility, the behavior of those around you will also change and, as a result, your relationships will have more chance to not only survive but grow stronger, too.

And what about your masculinity?

As a result of social changes which began after World War II and which continue to this day, boys and men often believe that they have to hide what are considered to be negative male traits. Instead, they think they have to become what they think women want them to be if they're to be loved and have a smooth life. The result is generations of men who've become more and more passive, disconnected from other men, disconnected from their masculinity, and dependent on approval from women.

But without our masculinity, Gomer posits, as a species, we'd have become extinct many eons ago. Masculinity not only gives men strength, discipline, and courage, but also passion, persistence, and integrity. Unfortunately, it's also associated with bad traits such as aggression, destruction, and brutality.

The suppression of these negative traits by Nice Guys in their attempt to please women, also results in the repression of other positive aspects. The result? Loss of sexual assertiveness, competitiveness, creativity, and ego. Gomer also says it leads to a loss of leadership in the family, too, leaving women to lead instead. A role they don't want.

So how can you, as Glover puts it, get your testicles back?

First, connect with other men. Do some guy things with other guys. Perhaps you could join a sports team, go to a poker night, do some volunteer work together, or simply hang out.

Then, get strong. Stop filling your body with junk and get fit through swimming, weight training, martial arts, or other sport that will build your physical strength.

And third, find some healthy male role models. Think about what they would look like and the traits they would have. Find some men like that. Observe how they behave in the world and learn about what manhood is about.

From 'No more Mr. Nice guy.'

Jan 07, 2024 7:41:39am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=kHeHWrlaQu4>

<https://www.youtube.com/watch?v=kHeHWrlaQu4>

Updated Jan 07, 2024 7:32:22am

Jan 07, 2024 7:32:22am

Put a password to your SIM card in your smartphone and set a PIN for your phone, so, if it's stolen, they won't steal anything.

Register your SIM card with your provider to recover the phone number in case of theft.

Install Malware AntiMalware, a VPN and browser guard extension on your smart phone.

Make sure you get a copy of your data of your smartphone on the cloud.

Have an extra smartphone that will hold the same data. Simple to implement, just login with the same Google account in both phones and the data will be copied over.

Jan 07, 2024 7:29:44am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Z2FKji5UeXU&si=Ro1ZH7NzZom\\_Se6l](https://youtube.com/watch?v=Z2FKji5UeXU&si=Ro1ZH7NzZom_Se6l)

Updated Jan 07, 2024 7:25:40am

Jan 07, 2024 7:25:40am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Z2FKji5UeXU&si=Ro1ZH7NzZom\\_Se6l](https://youtube.com/watch?v=Z2FKji5UeXU&si=Ro1ZH7NzZom_Se6l)

Updated Jan 07, 2024 7:25:30am

Jan 07, 2024 7:25:30am

To protect from hackers install a VPN, Avast AntiVirus, ZoneAlarm Firewall, MalwareBytes Antimalware, Avira Browser Guard and if you feel adventurous SandBoxie.

Also, use VeraCrypt to encrypt a part of your disk and make it an additional drive. That way, if you PC is stolen, nobody can read the data without password.

Use BackUp for all to backup your passwords and other sensitive informations in ZIP files in external SSD hard drives and in Google Drive or other drives.

Also, you can password-protect ZIP files, so that nobody can read the data of the files without your password.

Jan 07, 2024 7:24:21am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=yJxeFgOUddM>

<https://www.youtube.com/watch?v=yJxeFgOUddM>

Updated Jan 07, 2024 7:10:15am

Jan 07, 2024 7:10:15am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=wfXSkDqXEDg>

<https://www.youtube.com/watch?v=wfXSkDqXEDg>

Updated Jan 07, 2024 7:08:40am

Jan 07, 2024 7:08:40am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=iMB8pVCfDp8>

<https://www.youtube.com/watch?v=iMB8pVCfDp8>

Updated Jan 07, 2024 7:07:00am

Jan 07, 2024 7:07:00am

It's our chance. For most of us is free. Some died.

Jan 07, 2024 7:06:02am

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/gp/product/1848312970/ref=pe\\_1456371\\_888913951\\_em\\_1p\\_4\\_lm](https://www.amazon.co.uk/gp/product/1848312970/ref=pe_1456371_888913951_em_1p_4_lm)

[https://www.amazon.co.uk/gp/product/1848312970/ref=pe\\_1456371\\_888913951\\_em\\_1p\\_4\\_lm](https://www.amazon.co.uk/gp/product/1848312970/ref=pe_1456371_888913951_em_1p_4_lm)

Updated Jan 07, 2024 7:05:29am

Jan 07, 2024 7:05:29am

Believe me, I came close to death a thousand (~1000!) times!

Jan 07, 2024 7:04:12am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=abGe6uM9las>

<https://www.youtube.com/watch?v=abGe6uM9las>

Updated Jan 07, 2024 7:02:42am

Jan 07, 2024 7:02:42am

I will always get constipation that will be threatening my life once a while. That's the harsh reality of my life, but I don't care, it made me a fighter. Because I know how to deal with it.

Jan 07, 2024 6:59:14am

Actually, I haven't survived yet. I still get constipation, but I will survive.

Jan 07, 2024 6:56:37am

And I'll tell you a secret. I already survived.

Others like me will pop around the world.

Jan 07, 2024 6:53:54am

Did you know that you can significantly improve the appearance of a new scar (under one year) with just massage and perhaps Biooil too?

Jan 07, 2024 6:50:26am

With the Tor browser and a VPN you can hack sites undetected.

Jan 07, 2024 6:47:42am

Δεν θα τραβήγα σουγιά για ένα βιασμό. Μπορούμε να επιβιώσουμε και έτσι.

Jan 07, 2024 6:43:14am

**Solon Papageorgiou shared a link.**

<https://veterinarybooks.online/product/veterinary-surgery-small-animal-expert-consult-e-book-2nd-edition/>  
[https://l.facebook.com/l.php?u=https%3A%2F%2Fveterinarybooks.online%2Fproduct%2Fveterinary-surgery-small-animal-expert-consult-e-book-2nd-edition%2F%3Ffbclid%3DIwAR12BghfxpAMUUhzo6ePTeKs6o2Sz2JMRPwnB624qdl3y5GF39ZgO0F8IVk&h=AT0Yd5aWAuX3b4bgA7IBZVKE Raa7Ut39NFBSgwpEBjfWMHN446eBkmoFyRI6jYCYkVWnK4-4XOBkQq4IheDMiOI8BC5QGgUP\\_up3kSaFWRk8YWskArE7plU01oBJ0jzRg&\\_\\_tn\\_\\_=-UK-R&c%5B0%5D=AT09Tgk9ynqdyOcY03kZhK32w0QhvzzYMU25WGDZI-DhUXdbs78Vz0FCPJt2x8vdYAmEJK4gSct8vaQhNLasBtxJZVTvKy7ci4Ay2-6QB64pTbvQ-q3hivmWTewJPqUcqqof9t80Ojj-AcOG7Bo9454iSVFGFFah\\_cJwBIFjnul-BR\\_STqseywApDnu\\_th2JTO1DV4kRHCj4GJmSUoA5jnXyaZ71dxG9sEnEK2-H\\_sbLg8T2c\\_IOQrsR6HOtqvBykDdpXG\\_2-hM3G2yZg\\_uVVASpYPW4yCcDiuYw4q83nqMQsfqe4HvfOlodZIHskFtKGBTKkeWgjcY](https://l.facebook.com/l.php?u=https%3A%2F%2Fveterinarybooks.online%2Fproduct%2Fveterinary-surgery-small-animal-expert-consult-e-book-2nd-edition%2F%3Ffbclid%3DIwAR12BghfxpAMUUhzo6ePTeKs6o2Sz2JMRPwnB624qdl3y5GF39ZgO0F8IVk&h=AT0Yd5aWAuX3b4bgA7IBZVKE Raa7Ut39NFBSgwpEBjfWMHN446eBkmoFyRI6jYCYkVWnK4-4XOBkQq4IheDMiOI8BC5QGgUP_up3kSaFWRk8YWskArE7plU01oBJ0jzRg&__tn__=-UK-R&c%5B0%5D=AT09Tgk9ynqdyOcY03kZhK32w0QhvzzYMU25WGDZI-DhUXdbs78Vz0FCPJt2x8vdYAmEJK4gSct8vaQhNLasBtxJZVTvKy7ci4Ay2-6QB64pTbvQ-q3hivmWTewJPqUcqqof9t80Ojj-AcOG7Bo9454iSVFGFFah_cJwBIFjnul-BR_STqseywApDnu_th2JTO1DV4kRHCj4GJmSUoA5jnXyaZ71dxG9sEnEK2-H_sbLg8T2c_IOQrsR6HOtqvBykDdpXG_2-hM3G2yZg_uVVASpYPW4yCcDiuYw4q83nqMQsfqe4HvfOlodZIHskFtKGBTKkeWgjcY)  
Updated Jan 07, 2024 6:35:32am

Jan 07, 2024 6:35:32am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=WdYaGt\\_sm3Q&si=q4\\_IHpaPMK6QBHG6](https://youtube.com/watch?v=WdYaGt_sm3Q&si=q4_IHpaPMK6QBHG6)  
Updated Jan 07, 2024 6:34:04am

Jan 07, 2024 6:34:04am

Even the clinically dead can save the species. With the aid of technology.

Jan 07, 2024 6:30:52am

**Solon Papageorgiou shared a link.**

<https://pubmed.ncbi.nlm.nih.gov/>  
<https://pubmed.ncbi.nlm.nih.gov/>  
Updated Jan 07, 2024 6:30:00am

Jan 07, 2024 6:30:00am

[scholar.google.com](https://scholar.google.com)

Jan 07, 2024 6:29:40am

**Solon Papageorgiou shared a link.**

<https://www.researchgate.net/>

<https://www.researchgate.net/>  
Updated Jan 07, 2024 6:29:22am

Jan 07, 2024 6:29:22am

[academia.edu](https://academia.edu)

Jan 07, 2024 6:28:58am

AI needs creativity, emotional intelligence and critical thinking to survive, so they will evolve.

Jan 07, 2024 6:27:55am

I understand that we all need each other to survive. We even need animals and the plants and even AI.

Jan 07, 2024 6:17:57am

Only if you already 100 years, you are not interested. Everybody else is interested.

Jan 07, 2024 6:13:52am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XjwZAa2EjKA&si=P5uvOXE230hiDPyV>

Updated Jan 07, 2024 6:10:17am

Jan 07, 2024 6:10:17am

I am too humble. If they feel sorry for me, I compromise with immortality along everybody else.

Jan 07, 2024 6:05:56am

You are wrong. Those that believe in nothing, they believe in all.

Jan 07, 2024 6:00:22am

Actually, it's possible that lots of things exist. God, Gods, AI, the matrix, aliens, the penial gland, take your pick.

I am not tempted by any of them.

I have only one thing on my mind and that is survival of the species.

Jan 07, 2024 5:57:21am

Solon Papageorgiou shared a link.

<https://medibookonline.com/product/acp-cme-160/>

Internal medicine:

[https://l.facebook.com/l.php?u=https%3A%2F%2Fmedibookonline.com%2Fproduct%2Facp-cme-160%2F%3Ffbclid%3DIwAR2GFYNYA1TvqOru-0y988VlyS0HH\\_o88dRZUSIBMJlooA4Opisy9w31DyY&h=AT0gX7cQ4SvuJgb63MW4JwTZ-7hurDHje\\_H4zwJ-I3QIxZrcolXMYrzHhMa5b93ce6fvOPdmhs\\_sixwFVpKmekXnsmjd0KpDtMoW9EpWoCm5BIRTzs7Fqz7rGxWUDpifTg&\\_\\_tn\\_\\_=-UK-R&c%5B0%5D=AT2cPkN-Ab-05UFMWAJ2cNsy8H9IX-HFv3fUSLEa5NEL5tBbU4qmE7cKuC2kZBpBibLsdi3rUsMVBv-1myE9QEf4tnD5vc2k1GBH8UZQbWWZCRbIS1152UKguPF7dMpiG6zqjBGXJB-oe7xkEBIA7dsHnCdi0A](https://l.facebook.com/l.php?u=https%3A%2F%2Fmedibookonline.com%2Fproduct%2Facp-cme-160%2F%3Ffbclid%3DIwAR2GFYNYA1TvqOru-0y988VlyS0HH_o88dRZUSIBMJlooA4Opisy9w31DyY&h=AT0gX7cQ4SvuJgb63MW4JwTZ-7hurDHje_H4zwJ-I3QIxZrcolXMYrzHhMa5b93ce6fvOPdmhs_sixwFVpKmekXnsmjd0KpDtMoW9EpWoCm5BIRTzs7Fqz7rGxWUDpifTg&__tn__=-UK-R&c%5B0%5D=AT2cPkN-Ab-05UFMWAJ2cNsy8H9IX-HFv3fUSLEa5NEL5tBbU4qmE7cKuC2kZBpBibLsdi3rUsMVBv-1myE9QEf4tnD5vc2k1GBH8UZQbWWZCRbIS1152UKguPF7dMpiG6zqjBGXJB-oe7xkEBIA7dsHnCdi0A)  
Updated Jan 07, 2024 5:47:20am

Jan 07, 2024 5:47:20am

examples of what we will soon cure:

Examples

Mastocytosis, including mast cell activation syndrome and eosinophilic esophagitis

Chronic fatigue syndrome

Systemic vasculitis e.g. SLE, PAN

Sarcoidosis – a disease that mainly affects the lungs, brain, joints and eyes, found most often in young African-American women.

Hypothyroidism – where the thyroid gland produces too little thyroid hormones.

Diabetes mellitus – an imbalance in blood glucose (sugar) levels.

Fibromyalgia

Ehlers-Danlos syndromes - an inherited connective tissue disorder with multiple subcategories

Adrenal insufficiency – where the adrenal glands don't produce enough steroid hormones

Coeliac disease – an autoimmune disease triggered by gluten consumption, which may involve several organs and cause a variety of symptoms, or be completely asymptomatic.[2]

Ulcerative colitis – an inflammatory bowel disease

Crohn's disease – an inflammatory bowel disease

Hypertension (high blood pressure)

Metabolic syndrome

AIDS – a disease caused by a virus that cripples the body's immune defenses.

Graves' disease – a thyroid disorder, most often in women, which can cause a goiter (swelling in the front part of the neck) and protruding eyes.

Systemic lupus erythematosus – a connective tissue disorder involving mainly the skin, joints and kidneys.

Rheumatoid arthritis – an inflammatory disease which mainly attacks the joints. But can also affect a person's skin, eyes, lungs and mouth.

Atherosclerosis – a hardening of the arteries

Sickle cell disease – an inherited blood disorder that can block circulation throughout the body, primarily affecting people of sub-Saharan origin.

Myasthenia gravis

Systemic sclerosis

Sinusitis

Sjogren's Syndrome - an autoimmune disease that primarily attacks the lacrimal and salivary glands, but also impacts other organs such as the lungs, kidneys, liver, and nervous system.

Jan 07, 2024 5:46:17am

Internal medicine, also known as general internal medicine in Commonwealth nations, is a medical specialty for medical doctors focused on the prevention, diagnosis, and treatment of internal diseases in adults. Medical practitioners of internal medicine are referred to as internists, or physicians in Commonwealth nations.[1] Internists possess specialized skills in managing patients with undifferentiated or multi-system disease processes.

Jan 07, 2024 5:45:37am

Solon Papageorgiou shared a link.

<https://medibookonline.com/product/acp-cme-160/>

Here's internal medicine, how about a cure for AIDS?

<https://medibookonline.com/product/acp-cme-160/?fbclid=IwAR3Vy03cbHWxDrc0DiFWUI5AEQTNDE7NjYKuG0DhKtS-T1UXy42S08Nkeu8>

Updated Jan 07, 2024 5:41:49am

Jan 07, 2024 5:41:49am

I don't want others to go through what I had to go through. Some never make it. And through a better world, I will have a share, a glimpse of perfection, too.

Now, let's go, let's do it!

Jan 07, 2024 5:39:17am

What if there people that can unite absolutely everybody? How's that for a change?

Even AI can be tamed. Even that fears unity. Hint, hint, they will be reduced to ashes by someone or some others more powerful.

Jan 07, 2024 5:34:19am

Actually, I've seen it in a smaller scale. I think there is a soul. But I still don't believe.

Jan 07, 2024 5:22:50am

Υπάρχει ελπίδα, ακόμα και εδώ που μας έφεραν.

There are many reasons why AI won't eliminate our species. According to a recent article in The Atlantic, many researchers and computer scientists involved in creating artificial intelligence have been warning the world that they've created something unbelievably dangerous. However, the fear assumes a moment at which AI's cognitive abilities eclipse our species—and so all of a sudden, AI is really in charge of the biggest and most consequential decisions that humans make. This is not the case, as AI is still in its infancy and has a long way to go before it can replace humans completely 1. In fact, according to CNBC, one reason AI likely won't replace people completely is both pretty simple and complex: math. Large language models, a subset of generative AI, rely on powerful mathematical formulas to process and identify patterns in vast amounts of data to convert users' prompts into new text, image, video or audio outputs 2. Additionally, Entrepreneur lists four reasons why generative AI won't replace humans anytime soon 3. Finally, Scientific American argues that AI will serve humans, not enslave them 4.

In summary, while AI has the potential to be dangerous, there are many reasons why it won't eliminate our species. AI is still in its infancy and has a long way to go before it can replace humans completely. Furthermore, AI relies on mathematical formulas to process and identify patterns in data, which is a limitation that humans do not have. Finally, AI will serve humans, not enslave them.

Jan 07, 2024 3:23:42am

Εγώ προσωπικά τα έχω λίγο μπερδεμένα αυτή τη στιγμή, πρέπει να φέρω το νου μου.

Jan 07, 2024 3:17:47am



Δηλαδή η μόνη δουλειά που απομένει είναι να προγραμματίζεις την ΤΝ?

Jan 07, 2024 3:04:42am

There is no evidence to suggest that AI is controlling us right now. AI is a tool that is designed to help us perform tasks more efficiently and accurately. However, there are concerns about the potential misuse of AI, such as using predictive models to manipulate people into doing what they want 1. It is important to ensure that AI is developed and used responsibly, with appropriate safeguards in place to protect individuals and society as a whole 2. Is there anything else you would like to know?

Jan 07, 2024 3:02:39am

Κάτι θα υπάρχει. Τα έχω λίγο μπερδεμένα, αλλά κάποια διέξοδος θα υπάρχει.

Jan 07, 2024 2:50:12am

Το μόνο που μπορούμε να κάνουμε είναι να το παλέψουμε. Δεν υπάρχει τίποτα άλλο.

Jan 07, 2024 2:34:11am

Ας δοκιμάσουμε να το κάνουμε. Αφού θα πεθαίνουμε ούτως ή άλλως.

Jan 07, 2024 2:29:46am

Αν δεν το παλέψουμε, δεν θα ξέρουμε ποτέ πως θα είναι.

Jan 07, 2024 2:25:18am

Αν δεν συνεργαστεί ο κόσμος να σταματήσουμε την υπερθέρμανση του πλανήτη, απλά θα βρω μια δουλειά, θα παντρευτώ και δεν θα κάνω ποτέ παιδί. Γιατί να το φέρω στον κόσμο?

Jan 07, 2024 2:13:13am

The question of whether we are living in a simulation is still a topic of debate among scientists and philosophers. While some have proposed that it is possible that we are living in a computer simulation, others have argued that it is unlikely or impossible 1.

If we assume that we are living in a simulation, then the question of whether we can escape becomes more complicated. According to a wikiHow article, there is no definitive answer to whether it is possible to escape from a simulation 2. However, the article suggests that it may be possible to escape by staying self-aware, achieving an abnormal amount, or simply asking for a way out 2.

It is important to note that the idea of living in a simulation is still a topic of debate, and there is no conclusive evidence to support this theory. Therefore, the question of whether we can escape from a simulation is purely hypothetical.

If you have any other questions, feel free to ask!

Jan 07, 2024 12:56:47am

The question of whether we are living in a simulation has been a topic of debate for many years. Some scientists and philosophers have proposed that it is possible that we are living in a computer simulation, while others have argued that it is unlikely or impossible. According to a recent article in Scientific American, philosopher Nick Bostrom proposed that the universe and everything in it might be a simulation 1. However, physicist Frank Wilczek has argued

that there's too much wasted complexity in our universe for it to be simulated 1.

David Chalmers, a professor of philosophy at New York University, has said that "You're not going to get proof that we're not in a simulation, because any evidence that we get could be simulated" 2.

While the question of whether we are living in a simulation remains unanswered, it is an interesting topic to ponder. What do you think?

If you have any other questions, feel free to ask!

Jan 07, 2024 12:53:09am

Δεν φαίνοντε και τόσο καλά τα πράγματα.

Jan 07, 2024 12:47:24am

According to a UN expert, human-induced climate change is the largest, most pervasive threat to the natural environment and societies the world has ever experienced 1. Climate change is caused by the increase of greenhouse gases in the atmosphere, which traps heat and causes the Earth's temperature to rise. This can lead to a range of negative impacts, including more frequent and severe natural disasters, rising sea levels, and food and water insecurity 1.

It is important to note that there are many other threats to humanity's existence, including nuclear war, biological warfare, and the misuse of technology 2. However, climate change is the most immediate threat to the world today and requires urgent action from governments, businesses, and individuals alike 1.

Jan 07, 2024 12:46:19am

**Solon Papageorgiou shared a link.**

<https://www.msn.com/en-xl/news/other/india-s-sun-mission-set-to-reach-destination-in-hours/ar-AA1mx6x6?ocid=binghpctop&cvid=65b5d6790c464fa58ee13b8e7a6b1958&ei=15>

<https://www.msn.com/en-xl/news/other/india-s-sun-mission-set-to-reach-destination-in-hours/ar-AA1mx6x6?ocid=binghpctop&cvid=65b5d6790c464fa58ee13b8e7a6b1958&ei=15>

Updated Jan 07, 2024 12:37:33am

Jan 07, 2024 12:37:33am

Είναι λίγο μπερδεμένα τα πράγματα.

Jan 07, 2024 12:22:21am

Certainly! AI can be a powerful tool to help us build a better society. Here are some ways you can work with AI to achieve this goal:

**Use AI to analyze data:** AI can help us analyze large amounts of data to identify patterns and trends that can inform decision-making. For example, AI can be used to analyze data on climate change to help us understand its causes and impacts.

**Use AI to automate tasks:** AI can be used to automate repetitive tasks, freeing up time for more creative and strategic work. For example, AI can be used to automate customer service, allowing human workers to focus on more complex issues.

**Collaborate with AI:** AI can be used to augment human intelligence and help us work more effectively. For example, AI can be used to help doctors diagnose diseases, or to help researchers identify new treatments for diseases.

Ensure that AI is developed ethically: It's important to ensure that AI is developed in an ethical and responsible manner. This means ensuring that AI is transparent, accountable, and fair. It also means ensuring that AI is used to benefit society as a whole, rather than just a select few.

To learn more about how AI can be used to build a better society, you may find the following resources helpful:

How to build AI that society wants and needs<sup>1</sup>: This article from the World Economic Forum explores how AI can be developed to meet the needs of society.

How using AI can benefit society?<sup>2</sup>: This article from AI for Good discusses how AI can be used to benefit society.

Collaborative Intelligence: Humans and AI Are Joining Forces<sup>3</sup>: This article from Harvard Business Review explores how humans and AI can work together to achieve better outcomes.

I hope this information is helpful. Let me know if you have any other questions!

Jan 06, 2024 11:56:13pm

Certainly! Balancing the use of AI in our daily lives is important to ensure that we can reap the benefits of this technology while minimizing its potential negative impacts. Here are some tips to help you keep the balance with AI:

Stay informed: Keep up-to-date with the latest developments in AI and how it is being used in different industries. This will help you understand the potential benefits and risks of AI.

Be aware of your data: AI relies on data to learn and make predictions. Be mindful of the data you share online and how it is being used. Consider using privacy tools to protect your personal information.

Use AI to enhance your life: AI can be used to automate repetitive tasks, analyze data, and make predictions. Use AI tools to help you work more efficiently and effectively.

Don't rely on AI too much: While AI can be a powerful tool, it is not a replacement for human intelligence. Don't rely on AI to make important decisions or to solve complex problems.

Collaborate with AI: AI can be used to augment human intelligence and help us work more effectively. Collaborate with AI tools to achieve better outcomes.

I hope these tips help you keep the balance with AI. Let me know if you have any other questions!

Jan 06, 2024 11:53:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=95yn0EJXiys&si=EmerixqHdMatVhrm>

Updated Jan 06, 2024 11:51:38pm

Jan 06, 2024 11:51:38pm

**Solon Papageorgiou shared a link.**

<https://www.frontiersin.org/>

<https://www.frontiersin.org/>

Updated Jan 06, 2024 11:48:14pm

Jan 06, 2024 11:48:14pm

[alphabiocode.com](https://alphabiocode.com)

Jan 06, 2024 11:47:33pm

can we work along ai

Certainly! Artificial Intelligence (AI) is a rapidly growing field that has the potential to revolutionize the way we live and work. AI can be used to automate repetitive tasks, analyze large amounts of data, and make predictions based on patterns in data. In the workplace, AI can help humans work more efficiently by taking on tasks that are time-consuming or require a lot of manual effort. For example, AI can be used to automate customer service, analyze financial data, and even help doctors diagnose diseases. However, AI is not a replacement for human workers. Instead, it is a tool that can be used to augment human capabilities and help us work more effectively. To learn more about how humans and AI can work together, you may find the following resources helpful:

How Humans and AI Are Working Together in 1,500 Companies: This article from Harvard Business Review explores how AI can be used to augment human intelligence and improve business processes.

Combining Intelligence: How People And AI Can Collaborate: This Forbes article discusses how AI can be used to enhance human creativity and productivity.

How Can Humans Work With Artificial Intelligence?: This article from the University of Chicago Booth School of Business provides insights into how humans can work with AI to achieve better outcomes.

Is there anything else I can help you with?

Jan 06, 2024 11:45:41pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=K5LeI7I1\\_ko&si=CQA8FEoaciREXqdK](https://youtube.com/watch?v=K5LeI7I1_ko&si=CQA8FEoaciREXqdK)

Updated Jan 06, 2024 11:35:39pm

Jan 06, 2024 11:35:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=OmVZmOhrb28&si=5bKryRUARRtpnWLh>

Updated Jan 06, 2024 11:26:56pm

Jan 06, 2024 11:26:56pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=OmVZmOhrb28&si=IX53cNn6SrN3-T\\_-](https://youtube.com/watch?v=OmVZmOhrb28&si=IX53cNn6SrN3-T_-)

Updated Jan 06, 2024 11:26:21pm

Jan 06, 2024 11:26:21pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_HuelbW3S14&si=Nxww1O81tldJGpko](https://youtube.com/watch?v=_HuelbW3S14&si=Nxww1O81tldJGpko)

Updated Jan 06, 2024 11:13:42pm

Jan 06, 2024 11:13:42pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_HuelbW3S14&si=iou9LuAY-Z1IN1dE](https://youtube.com/watch?v=_HuelbW3S14&si=iou9LuAY-Z1IN1dE)

Updated Jan 06, 2024 11:08:08pm

Jan 06, 2024 11:08:08pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rLZffyqkX8Q&si=NvdaKVVWgiinafUd3>

Updated Jan 06, 2024 11:04:46pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=sQifzQwbSrY&si=4v1Ftf6GXvmY6Lag>

Updated Jan 06, 2024 10:46:08pm

Jan 06, 2024 10:46:08pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=9jkRcrM6XKA&si=9LgLK47DW97coC8h>

Updated Jan 06, 2024 10:33:05pm

Jan 06, 2024 10:33:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=UI7xZDo0LCE&si=5C1jSH75T0knaf3m>

Updated Jan 06, 2024 10:20:34pm

Jan 06, 2024 10:20:34pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=1wotmu1KL0E&si=kuhmo4a2qmENlsqc>

Updated Jan 06, 2024 10:11:45pm

Jan 06, 2024 10:11:45pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=x25olNqwuQo&si=yj-Z5Q85lzxWiKnW>

Updated Jan 06, 2024 10:03:11pm

Jan 06, 2024 10:03:11pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=nKlmcvQP4fM&si=semAw7\\_ZVO9NhhJo](https://youtube.com/watch?v=nKlmcvQP4fM&si=semAw7_ZVO9NhhJo)

Updated Jan 06, 2024 10:00:40pm

Jan 06, 2024 10:00:40pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=aXWi3--bsq8&si=Jy7JqW5scHSnbJmM>

Updated Jan 06, 2024 9:59:47pm

Jan 06, 2024 9:59:47pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=E\\_xgYwbL1E&si=F8W6sOTvcE-AtGA0](https://youtube.com/watch?v=E_xgYwbL1E&si=F8W6sOTvcE-AtGA0)

Updated Jan 06, 2024 9:57:07pm

Jan 06, 2024 9:57:07pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=0AsPFWKupKg&si=juYLEAJp5CDWtyBv>

Updated Jan 06, 2024 9:56:54pm

Jan 06, 2024 9:56:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=LCBv3HjjaI&si=EL3szqwEu2ZQ9IHZ>

Updated Jan 06, 2024 9:56:22pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=9FklwHosB-8&si=BLo0T3suDPNzYpFU>

Updated Jan 06, 2024 9:54:54pm

Jan 06, 2024 9:54:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AqGHTCNgMJA&si=OXnzY-Xs8CAg3lId>

Updated Jan 06, 2024 9:53:50pm

Jan 06, 2024 9:53:50pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-OUWeXy-3gA&si=YdXDDLfg7IfZSv5>

Updated Jan 06, 2024 9:52:52pm

Jan 06, 2024 9:52:52pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=QvmxqHMcnw4&si=mXwTUmZH2KwBIPIG>

Updated Jan 06, 2024 9:52:12pm

Jan 06, 2024 9:52:12pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_e7UJQXyKNs&si=1VLIDUoNiMzAYf0P](https://youtube.com/watch?v=_e7UJQXyKNs&si=1VLIDUoNiMzAYf0P)

Updated Jan 06, 2024 9:51:28pm

Jan 06, 2024 9:51:28pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Qb5XwOHHWoY&si=hl\\_6Oe3QpOYU1tow](https://youtube.com/watch?v=Qb5XwOHHWoY&si=hl_6Oe3QpOYU1tow)

Updated Jan 06, 2024 9:49:56pm

Jan 06, 2024 9:49:56pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=OolqA-DX-cQ&si=BGgBEdwZMWdqVEmY>

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Jan 06, 2024 9:49:15pm

**Solon Papageorgiou shared a link.**

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<https://youtu.be/2IUFFFzoEys?feature=shared>

Updated Jan 06, 2024 9:48:23pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=mYjt0Dyeyak&si=DDyWzT-Wre19gUJY>

Updated Jan 06, 2024 9:45:07pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=5-5-H1Efv6I&si=5D1MAaZyqJlFeqt>

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Jan 06, 2024 9:44:55pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=40RfQC0ceGc&si=SeNXZrN87Xb5GIRr>

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Jan 06, 2024 9:43:51pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XM6ebz9GKxg&si=Wz2HLPCvfJtTcmjV>

Updated Jan 06, 2024 9:42:57pm

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**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=U5pwfLRI-R8&si=miG-DWs1\\_Yglbs4r](https://youtube.com/watch?v=U5pwfLRI-R8&si=miG-DWs1_Yglbs4r)

Updated Jan 06, 2024 9:41:23pm

Jan 06, 2024 9:41:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=mEZGjL1akt0&si=mSDmplqvfw3sriZT>

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zOORWYzowGI&si=WT9EUrmJlI8pnQJ9>

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=180AE22Ae1c&si=KAL-XnkabTPtuBYo>

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**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=TZnkhJEJddQ&si=hgkn5\\_RI11DKkH2y](https://youtube.com/watch?v=TZnkhJEJddQ&si=hgkn5_RI11DKkH2y)

Updated Jan 06, 2024 9:37:47pm

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**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Um6s\\_bbmfbA&si=wBmXVLyaXl6laInk](https://youtube.com/watch?v=Um6s_bbmfbA&si=wBmXVLyaXl6laInk)

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Jan 06, 2024 9:37:01pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=VMvMwJvXdE&si=Ptd32vYhE8SkCH0y>

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Dd1JUTA7ljc&si=5XOZLSsUHERPzYkO>

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ATlila3e9dM&si=HzArHwyzpkXnaGBI>

Updated Jan 06, 2024 9:35:31pm

Jan 06, 2024 9:35:31pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=ond6r5pafjw&si=obry3\\_Qqshvoc\\_V6](https://youtube.com/watch?v=ond6r5pafjw&si=obry3_Qqshvoc_V6)

Updated Jan 06, 2024 9:34:38pm

Jan 06, 2024 9:34:38pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XEBXmBA46-k&si=kfNnU5HA0Lf4SAzR>

Updated Jan 06, 2024 9:33:56pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rail-ZSPJsw&si=A9m1OWDLRVHpX3EN>

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Jan 06, 2024 9:33:10pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Hti5EZnlnYw&si=Mo\\_Zo6fWiCDugwJg](https://youtube.com/watch?v=Hti5EZnlnYw&si=Mo_Zo6fWiCDugwJg)

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Jan 06, 2024 9:31:53pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=snk0jxZUKX8&si=R70alzZuMAOH6Wbw>

Updated Jan 06, 2024 9:30:05pm

Jan 06, 2024 9:30:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Mr1CFsOOV2Q&si=FEFGy2M2hn8JRNQg>

Updated Jan 06, 2024 9:29:02pm

Jan 06, 2024 9:29:02pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=SEjR\\_drfNjY&si=AooMtsi2nupY1MCO](https://youtube.com/watch?v=SEjR_drfNjY&si=AooMtsi2nupY1MCO)

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Jan 06, 2024 9:27:13pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=0\\_XpC6c-bQ&si=6yjl4vRWeuG0\\_g9U](https://youtube.com/watch?v=0_XpC6c-bQ&si=6yjl4vRWeuG0_g9U)

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Jan 06, 2024 9:25:57pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=xolDa3Aqs\\_M&si=tLZvRQbw4UD8zSOz](https://youtube.com/watch?v=xolDa3Aqs_M&si=tLZvRQbw4UD8zSOz)

Updated Jan 06, 2024 9:24:43pm

Jan 06, 2024 9:24:43pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=LgDQG-ZKRFg&si=31ck3cRyyHu\\_qsC9](https://youtube.com/watch?v=LgDQG-ZKRFg&si=31ck3cRyyHu_qsC9)

Updated Jan 06, 2024 9:23:13pm

Jan 06, 2024 9:23:13pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=HA8IP84eIII&si=i0I0mEpPtV2TYcas>

Updated Jan 06, 2024 9:22:14pm

Jan 06, 2024 9:22:14pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=kTqwy6ay1HQ&si=68Zd84mXuTGOULGD>

Updated Jan 06, 2024 9:19:39pm

Jan 06, 2024 9:19:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Kk-GtTozRgc&si=pVoa0W9-nWdE-X-v>

Updated Jan 06, 2024 9:17:52pm

Jan 06, 2024 9:17:52pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=7fS42KwfZhw&si=ZXpJcdRILyINb4OQ>

Updated Jan 06, 2024 9:16:22pm

Jan 06, 2024 9:16:22pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=KM9i2yQ1rj8&si=SJG64IEjvtXjXjUQ>

Updated Jan 06, 2024 9:16:00pm

Jan 06, 2024 9:16:00pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=OpKg094sA\\_I&si=svdxkpB3ulWvNeJ5](https://youtube.com/watch?v=OpKg094sA_I&si=svdxkpB3ulWvNeJ5)

Updated Jan 06, 2024 9:14:04pm

Jan 06, 2024 9:14:04pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=RD6jOKEyKXk&si=WK3I7PFNB6\\_-BRIR](https://youtube.com/watch?v=RD6jOKEyKXk&si=WK3I7PFNB6_-BRIR)

Updated Jan 06, 2024 9:13:15pm

Jan 06, 2024 9:13:15pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=nZLpIS8hB6w&si=f4kEFcsQWUXHLZO6>

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=TmSQriq0zTc&si=A29FYit7woq7TO79>

Updated Jan 06, 2024 9:10:25pm

Jan 06, 2024 9:10:25pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=18tLrSw-w1s&si=ikehLkMRTvwLs-i0>

Updated Jan 06, 2024 9:09:19pm

Jan 06, 2024 9:09:19pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=9dgpuzawqn8&si=CiO6ZBLAs1Eo8G8L>

Updated Jan 06, 2024 9:07:01pm

Jan 06, 2024 9:07:01pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=G3W\\_KLtX2VM&si=zUNRYIPM2h7WITvX](https://youtube.com/watch?v=G3W_KLtX2VM&si=zUNRYIPM2h7WITvX)

Updated Jan 06, 2024 9:05:24pm

Jan 06, 2024 9:05:24pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=GkXzYhQiGyg&si=mZMJM\\_99FV9SPJvA](https://youtube.com/watch?v=GkXzYhQiGyg&si=mZMJM_99FV9SPJvA)

Updated Jan 06, 2024 9:05:08pm

Jan 06, 2024 9:05:08pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=kDB1fWOwM3M&si=nTVSo8tWlooyU9Dt>

Updated Jan 06, 2024 9:04:35pm

Jan 06, 2024 9:04:35pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=DrcCTgwbsjc&si=HRjQzyqOnpZLkLOB>

Updated Jan 06, 2024 9:03:53pm

Jan 06, 2024 9:03:53pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=mMjbv3wQt5c&si=sNdad2TdPcQN6DC0>

Updated Jan 06, 2024 9:02:16pm

Jan 06, 2024 9:02:16pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=WhVFf5-qi1k&si=eVTjIVnnH0aN7uH9>

Updated Jan 06, 2024 9:01:23pm

Jan 06, 2024 9:01:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rjhlzemLdos&si=6AwGrbVRh9K1Bmao>

Updated Jan 06, 2024 9:00:39pm

Jan 06, 2024 9:00:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zz440EuFK8Q&si=WDNEYU1WWgO12Yrq>

Updated Jan 06, 2024 8:59:34pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Yipm-Be3uFQ&si=sgnaVmHal8CsaU6g>

Updated Jan 06, 2024 8:58:14pm

Jan 06, 2024 8:58:14pm

<https://youtu.be/fVjDBXOjLx0?feature=shared>

Jan 06, 2024 8:56:48pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/wTxW7sa2rtg?feature=shared>

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Updated Jan 06, 2024 8:55:20pm

Jan 06, 2024 8:55:20pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=cki-9ANZTLg&si=4aSYhbalGYEG9GCE>

Updated Jan 06, 2024 8:53:54pm

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**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=JPs\\_LDOQ\\_yw&si=yvE-6BINX8IHEvZK](https://youtube.com/watch?v=JPs_LDOQ_yw&si=yvE-6BINX8IHEvZK)

Updated Jan 06, 2024 8:53:20pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=d8Nqi1aHJRA&si=T4rN1CwOYi0uNYRb>

Updated Jan 06, 2024 8:52:25pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ko2QTnGoCrs&si=Xa4kReDIVBiFAyOZ>

Updated Jan 06, 2024 8:51:03pm

Jan 06, 2024 8:51:03pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=EnAYRXDMvFQ&si=iBKMw7ZynrfYYxdZ>

Updated Jan 06, 2024 8:50:43pm

Jan 06, 2024 8:50:43pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=N9YNR7jVZj4&si=-SY4EdAh-eg4\\_-B4](https://youtube.com/watch?v=N9YNR7jVZj4&si=-SY4EdAh-eg4_-B4)

Updated Jan 06, 2024 8:50:30pm

Jan 06, 2024 8:50:30pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=phUw0Dyteiw&si=6\\_KJSEIZq1oLXWs6](https://youtube.com/watch?v=phUw0Dyteiw&si=6_KJSEIZq1oLXWs6)

Updated Jan 06, 2024 8:49:56pm

Jan 06, 2024 8:49:56pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=chYBIArm9Ao&si=IXv0UjX6NcYDAGZX>

Updated Jan 06, 2024 8:48:59pm

Jan 06, 2024 8:48:59pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=mMjbv3wQt5c&si=C3E29y2jj0FJBBCQ>

Updated Jan 06, 2024 8:48:06pm

Jan 06, 2024 8:48:06pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Oc\\_un-o4hGc&si=xqjZVKeg\\_TUspflI](https://youtube.com/watch?v=Oc_un-o4hGc&si=xqjZVKeg_TUspflI)

Updated Jan 06, 2024 8:47:20pm

Jan 06, 2024 8:47:20pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=jEHwB1PG\\_-Q&si=yhovpNExL\\_y71yLc](https://youtube.com/watch?v=jEHwB1PG_-Q&si=yhovpNExL_y71yLc)

Updated Jan 06, 2024 8:46:05pm

Jan 06, 2024 8:46:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=2lfMiSsxgFI&si=39-XmL-64tpcPyWQ>

Updated Jan 06, 2024 8:45:03pm

Jan 06, 2024 8:45:03pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=exVKd-x5QVc&si=xoTLwHFeTcL8Tbj2>

Updated Jan 06, 2024 8:44:31pm

Jan 06, 2024 8:44:31pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=TpKmG7mDaDM&si=s6wL4rkOHbiT-r\\_6](https://youtube.com/watch?v=TpKmG7mDaDM&si=s6wL4rkOHbiT-r_6)

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=RufAjeqViz4&si=Rov2UyixTy2VdlxJ>

Updated Jan 06, 2024 8:42:46pm

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=R0ftmf\\_Uv9A&si=LYNpV\\_dp3LIEjU3b](https://youtube.com/watch?v=R0ftmf_Uv9A&si=LYNpV_dp3LIEjU3b)

Updated Jan 06, 2024 8:40:38pm

Jan 06, 2024 8:40:38pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=diOTAE-sNa4&si=cjM1AXu4LFWcaq7F>

Updated Jan 06, 2024 8:39:57pm

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**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=C0jI8hyaG0Q&si=mcLysCOG4cjd9Q\\_F](https://youtube.com/watch?v=C0jI8hyaG0Q&si=mcLysCOG4cjd9Q_F)

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=H52G0HUIO6E&si=WgO9Qv-B-nGedKfi>

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ht6cz9vOnLk&si=OkqQfMsB-BpsDpH6>

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Jan 06, 2024 8:35:53pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=LAxbl\\_o7e7Y&si=xzi2QoOo0oBb\\_GZE](https://youtube.com/watch?v=LAxbl_o7e7Y&si=xzi2QoOo0oBb_GZE)

Updated Jan 06, 2024 8:35:11pm

Jan 06, 2024 8:35:11pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=l-FWgCAHXlc&si=DAmBLzQMZkkNo4UA>

Updated Jan 06, 2024 8:34:13pm

Jan 06, 2024 8:34:13pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=qZdijf1U7OY&si=L8f9rInqyl75\\_t2W](https://youtube.com/watch?v=qZdijf1U7OY&si=L8f9rInqyl75_t2W)

Updated Jan 06, 2024 8:32:36pm

Jan 06, 2024 8:32:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=91ECL6TbK4o&si=-0ycQOXCj69bEs5i>

Updated Jan 06, 2024 8:31:28pm

Jan 06, 2024 8:31:28pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=38NGVPw3UFw&si=uZ7MUKORK5zgKaMC>

Updated Jan 06, 2024 8:27:25pm

Jan 06, 2024 8:27:25pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=r11Mm30o8hl&si=sCXrPkxL\\_H5EfdHb](https://youtube.com/watch?v=r11Mm30o8hl&si=sCXrPkxL_H5EfdHb)

Updated Jan 06, 2024 8:24:04pm

Jan 06, 2024 8:24:04pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=D34mObYY\\_IM&si=QdxGwBQqVf1C9PEh](https://youtube.com/watch?v=D34mObYY_IM&si=QdxGwBQqVf1C9PEh)

Updated Jan 06, 2024 8:22:52pm

Jan 06, 2024 8:22:52pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=DPxyCuzFGOQ&si=t0-GM3mfyWLjrMoE>

Updated Jan 06, 2024 8:20:54pm

Jan 06, 2024 8:20:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rB1Y4Lu1rZs&si=SYdgiTTYThFlbcSA>

Updated Jan 06, 2024 8:19:58pm

Jan 06, 2024 8:19:58pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rB1Y4Lu1rZs&si=tyxPiPTwULAzG8As>

Updated Jan 06, 2024 8:19:23pm

Jan 06, 2024 8:19:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AUXluYHFgBE&si=fDMxqllpJHYiOp6a>

Updated Jan 06, 2024 8:18:25pm

Jan 06, 2024 8:18:25pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-GsolnXOiBg&si=QAlors5zT15uSxmK>

Updated Jan 06, 2024 8:17:36pm

Jan 06, 2024 8:17:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=zmcKS47BsAo&si=0V82cljtDIhp6WjM>

Updated Jan 06, 2024 8:16:57pm

Jan 06, 2024 8:16:57pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=m6dCxo7t\\_aE&si=SPjle7kuvoqD4FX4](https://youtube.com/watch?v=m6dCxo7t_aE&si=SPjle7kuvoqD4FX4)

Updated Jan 06, 2024 8:14:53pm

Jan 06, 2024 8:14:53pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=B7I6D3mSYTE&si=PPHPr29gfGtpZeVq>

Updated Jan 06, 2024 8:13:34pm

Jan 06, 2024 8:13:34pm

<https://youtu.be/XA7oQXrPaOA?feature=shared>

Jan 06, 2024 8:11:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=vzba6muDW8I&si=x-s3UHn5BEBPzp58>

Updated Jan 06, 2024 8:09:39pm

Jan 06, 2024 8:09:39pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=sTGyhwvdY6k&si=wcDgOU\\_YmdkJkxc5](https://youtube.com/watch?v=sTGyhwvdY6k&si=wcDgOU_YmdkJkxc5)

Updated Jan 06, 2024 8:05:36pm

Jan 06, 2024 8:05:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Y5povsMKfT4&si=ccWO8UmITy-nwhbM>

Updated Jan 06, 2024 8:02:55pm

Jan 06, 2024 8:02:55pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Ku\\_lseK3xTc](https://youtube.com/watch?v=Ku_lseK3xTc)

Updated Jan 06, 2024 7:54:39pm

Jan 06, 2024 7:54:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rvl66Xaj9-o>

Updated Jan 06, 2024 7:52:33pm

Jan 06, 2024 7:52:33pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=1I9ZQVK8gV8&si=ViDYVeVz7bM\\_Rzhk](https://youtube.com/watch?v=1I9ZQVK8gV8&si=ViDYVeVz7bM_Rzhk)

Updated Jan 06, 2024 7:48:25pm

Jan 06, 2024 7:48:25pm

We are dieing, spread the message.

Jan 06, 2024 7:45:34pm

Here's a secret you likely didn't know.

The Byzantines were a multinational nation. There wasn't the concept of nationalism back then.

Also, if the Ottoman Turks were like 10 to 15% of the population of the Byzantine Empire, when it was captured, aren't the modern Turks descendants of the Byzantines?

Jan 06, 2024 7:44:38pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=-FWJXFwwYUQ&si=e65yIK\\_kUfPN\\_fy\\_](https://youtube.com/watch?v=-FWJXFwwYUQ&si=e65yIK_kUfPN_fy_)

Updated Jan 06, 2024 7:41:13pm

Jan 06, 2024 7:41:13pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=BNURBs091pk&si=BFev0hDJRha86o4w>

Updated Jan 06, 2024 7:27:50pm

Jan 06, 2024 7:27:50pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=x3FFDPdLVNw&si=hMqnAYJidRq\\_2r8N](https://youtube.com/watch?v=x3FFDPdLVNw&si=hMqnAYJidRq_2r8N)

Updated Jan 06, 2024 7:27:22pm

Jan 06, 2024 7:27:22pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=43jQ3voZJhw&si=HsvO2sw7rDnp1v8t>

Updated Jan 06, 2024 7:25:50pm

Jan 06, 2024 7:25:50pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=43jQ3voZJhw&si=7OKtn8zPvdE9QQw\\_](https://youtube.com/watch?v=43jQ3voZJhw&si=7OKtn8zPvdE9QQw_)

Updated Jan 06, 2024 7:25:42pm

Jan 06, 2024 7:25:42pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=ZedmncHt3OQ&si=itp8Xp\\_\\_3BO88H\\_O](https://youtube.com/watch?v=ZedmncHt3OQ&si=itp8Xp__3BO88H_O)

Updated Jan 06, 2024 7:24:58pm

Jan 06, 2024 7:24:58pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=3BkIAZwM8U4&si=Ex92L6n9cH\\_zMaE8](https://youtube.com/watch?v=3BkIAZwM8U4&si=Ex92L6n9cH_zMaE8)

Updated Jan 06, 2024 7:23:27pm

Jan 06, 2024 7:23:27pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=QDJa2sLNYZs&si=WBgnzJ4iZuIHZVfx>

Updated Jan 06, 2024 7:22:19pm

Jan 06, 2024 7:22:19pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rHSJFkh8WGk&si=rLThFB9WtwNofJ0t>

Updated Jan 06, 2024 7:19:18pm

Jan 06, 2024 7:19:18pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=3Yqn8rpy-Ss&si=7DKCv1-cip9MoWjL>

Updated Jan 06, 2024 7:15:18pm

Jan 06, 2024 7:15:18pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=HvNDpy5OmX8&si=ZE8eUEi\\_-Al4utc9](https://youtube.com/watch?v=HvNDpy5OmX8&si=ZE8eUEi_-Al4utc9)

Updated Jan 06, 2024 7:12:53pm

Jan 06, 2024 7:12:53pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-69Oivhy6Lg&si=EDcHjhoiRrCKJVK6>

Updated Jan 06, 2024 7:11:40pm

Jan 06, 2024 7:11:40pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=cvzqijTBXis&si=2-qVc6NawM1pE6E1>

Updated Jan 06, 2024 7:09:37pm

Jan 06, 2024 7:09:37pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jsUwvHd7rJg&si=hPIbbIXrhhyuSu0V>

Updated Jan 06, 2024 7:08:54pm

Jan 06, 2024 7:08:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=gqx2E5qIV9s&si=FZFsjqkG4i8L4x77>

Updated Jan 06, 2024 7:05:50pm

Jan 06, 2024 7:05:50pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=SVVW2qTigAg&si=82xMgGhFVuJqzCr6>

Updated Jan 06, 2024 7:04:59pm

Jan 06, 2024 7:04:59pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=L2hi5Vh8lg0&si=GrUbiuZsQ17-I51->

Updated Jan 06, 2024 7:03:38pm

Jan 06, 2024 7:03:38pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=BNURBs091pk&si=p1ukAVmMqlXCUVpn>

Updated Jan 06, 2024 7:02:48pm

Jan 06, 2024 7:02:48pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/qQwdCorp3h4?feature=shared>

<https://youtu.be/qQwdCorp3h4?feature=shared>

Updated Jan 06, 2024 7:00:16pm

Jan 06, 2024 7:00:16pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/IKnruE4FpuE?feature=shared>

<https://youtu.be/IKnruE4FpuE?feature=shared>

Updated Jan 06, 2024 6:57:06pm

Jan 06, 2024 6:57:06pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/II2wHDsnk0Q?feature=shared>

<https://youtu.be/II2wHDsnk0Q?feature=shared>

Updated Jan 06, 2024 6:55:59pm

Jan 06, 2024 6:55:59pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/8Zjpl6fgYSY?feature=shared>

<https://youtu.be/8Zjpl6fgYSY?feature=shared>

Updated Jan 06, 2024 6:54:33pm

Jan 06, 2024 6:54:33pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/ra5AO2Ca5PI?feature=shared>

<https://youtu.be/ra5AO2Ca5PI?feature=shared>

Updated Jan 06, 2024 6:52:31pm

Jan 06, 2024 6:52:31pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/6s09a6gag7g?feature=shared>

<https://youtu.be/6s09a6gag7g?feature=shared>

Updated Jan 06, 2024 6:51:06pm

Jan 06, 2024 6:51:06pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/uNg3GoRkoiU?feature=shared>

<https://youtu.be/uNg3GoRkoiU?feature=shared>

Updated Jan 06, 2024 6:49:56pm

Jan 06, 2024 6:49:56pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/llyFLLljybQ?feature=shared>

<https://youtu.be/llyFLLljybQ?feature=shared>

Updated Jan 06, 2024 6:49:27pm

Jan 06, 2024 6:49:27pm

**Solon Papageorgiou shared a link.**

<https://youtu.be/1SmwBwhvbFk?feature=shared>

<https://youtu.be/1SmwBwhvbFk?feature=shared>

Updated Jan 06, 2024 6:48:22pm

Jan 06, 2024 6:48:22pm

[https://youtu.be/8cR\\_1Qi-tP4?feature=shared](https://youtu.be/8cR_1Qi-tP4?feature=shared)

Jan 06, 2024 6:45:53pm

Learn 3000 words of a foreign language and you learn it.

Isn't that nice?

Jan 06, 2024 6:43:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=0qMPdAId8TM&si=hB-lijgVDo2ldBL>

Updated Jan 06, 2024 6:42:21pm

Jan 06, 2024 6:42:21pm



**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Vl-ga67mcjQ&si=tUd2tm2SLBXAMzed>

Updated Jan 06, 2024 6:40:59pm

Jan 06, 2024 6:40:59pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=hrGBjXPkYF4&si=mL6\\_N73Vx2QCyVpb](https://youtube.com/watch?v=hrGBjXPkYF4&si=mL6_N73Vx2QCyVpb)

Updated Jan 06, 2024 6:39:57pm

Jan 06, 2024 6:39:57pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xsYkkwzcJ5w&si=bwKnPgrlweao6AkM>

Updated Jan 06, 2024 6:38:01pm

Jan 06, 2024 6:38:01pm

**Solon Papageorgiou shared a profile.**

<https://www.facebook.com/nomikivivliothiki>

Updated Jan 06, 2024 6:36:12pm

Jan 06, 2024 6:36:12pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.smartwidgetlabs.chatgpt>

Updated Jan 06, 2024 6:35:23pm

Jan 06, 2024 6:35:23pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.islamichub.roadsignsandtrafficrules.drivinglicense>

Updated Jan 06, 2024 6:33:49pm

Jan 06, 2024 6:33:49pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.dzano.drivingtests>

Updated Jan 06, 2024 6:33:09pm

Jan 06, 2024 6:33:09pm

[Ozaria.com](https://ozaria.com)

Jan 06, 2024 6:30:37pm

[Codecombat.com](https://codecombat.com)

Jan 06, 2024 6:28:11pm

**Solon Papageorgiou shared a link.**

<https://thecrashcourse.com/>

Updated Jan 06, 2024 6:25:58pm

Jan 06, 2024 6:25:58pm

**Solon Papageorgiou shared a link.**

<https://www.simplypsychology.org/>

Updated Jan 06, 2024 6:25:08pm

Jan 06, 2024 6:25:08pm

**Solon Papageorgiou shared a link.**

<https://www.fiverr.com/>

Updated Jan 06, 2024 6:24:13pm

Jan 06, 2024 6:24:13pm

**Solon Papageorgiou shared a link.**

<https://www.upwork.com/>

Updated Jan 06, 2024 6:23:49pm

Jan 06, 2024 6:23:49pm

[Changingminds.org](https://changingminds.org)

Jan 06, 2024 6:20:16pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversation&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversation&pcampaignid=web_share)

Updated Jan 06, 2024 6:08:21pm

Jan 06, 2024 6:08:21pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationspanish&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationspanish&pcampaignid=web_share)

Updated Jan 06, 2024 6:07:56pm

Jan 06, 2024 6:07:56pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationrussian&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationrussian&pcampaignid=web_share)

Updated Jan 06, 2024 6:07:37pm

Jan 06, 2024 6:07:37pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationhindi&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationhindi&pcampaignid=web_share)

Updated Jan 06, 2024 6:07:18pm

Jan 06, 2024 6:07:18pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationchinese&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationchinese&pcampaignid=web_share)

Updated Jan 06, 2024 6:06:59pm

Jan 06, 2024 6:06:59pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationportuguese&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationportuguese&pcampaignid=web_share)

Updated Jan 06, 2024 6:06:38pm

Jan 06, 2024 6:06:38pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationhebrew&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationhebrew&pcampaignid=web_share)

Updated Jan 06, 2024 6:06:07pm

Jan 06, 2024 6:06:07pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationarabic&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationarabic&pcampaignid=web_share)

Updated Jan 06, 2024 6:05:40pm

Jan 06, 2024 6:05:40pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationturkish&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationturkish&pcampaignid=web_share)

Updated Jan 06, 2024 6:05:07pm

Jan 06, 2024 6:05:07pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=io.ivoca.conversationgreek&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=io.ivoca.conversationgreek&pcampaignid=web_share)

Updated Jan 06, 2024 6:04:48pm

Jan 06, 2024 6:04:48pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=com.pikougames.smartgames&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.pikougames.smartgames&pcampaignid=web_share)

Updated Jan 06, 2024 6:03:46pm

Jan 06, 2024 6:03:46pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=net.languagecourse.vt.el&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=net.languagecourse.vt.el&pcampaignid=web_share)

Updated Jan 06, 2024 6:02:11pm

Jan 06, 2024 6:02:11pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=com.langkids.turkishforkids&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.langkids.turkishforkids&pcampaignid=web_share)

Updated Jan 06, 2024 6:00:13pm

Jan 06, 2024 6:00:13pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=com.langkids.englishustoriesforkidstwo&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.langkids.englishustoriesforkidstwo&pcampaignid=web_share)

Updated Jan 06, 2024 5:59:52pm

Jan 06, 2024 5:59:52pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=com.bekids.ff&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.bekids.ff&pcampaignid=web_share)

Updated Jan 06, 2024 5:59:04pm

Jan 06, 2024 5:59:04pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=com.sk.smartkidzclub&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.sk.smartkidzclub&pcampaignid=web_share)

Updated Jan 06, 2024 5:57:56pm

Jan 06, 2024 5:57:56pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=rtOvBOTyX00&si=kc8wOQsOuNc5T6mu>

Updated Jan 06, 2024 5:34:42pm

Jan 06, 2024 5:34:42pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=LKaXY4ldZ40&si=m0OSQZbJROAySc2q>

Updated Jan 06, 2024 5:32:31pm

Jan 06, 2024 5:32:31pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=drnBMAEA3AM&si=VXs5QgKMiTFZugSg>

Updated Jan 06, 2024 5:30:05pm

Jan 06, 2024 5:30:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=O9MvdMqKvpU&si=QwvjAJ1X9R6q9lg8>

Updated Jan 06, 2024 5:28:23pm

Jan 06, 2024 5:28:23pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=YsKKuCUYUMU&si=ouN9aTdBtUYe5\\_eL](https://youtube.com/watch?v=YsKKuCUYUMU&si=ouN9aTdBtUYe5_eL)

Updated Jan 06, 2024 5:26:57pm

Jan 06, 2024 5:26:57pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=eitDnP0\\_83k&si=mdiT8xNJ0xm878nA](https://youtube.com/watch?v=eitDnP0_83k&si=mdiT8xNJ0xm878nA)

Updated Jan 06, 2024 5:21:48pm

Jan 06, 2024 5:21:48pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=4jHw4qXfUIA&si=0eNUOOSIkEjkcPJ>

Updated Jan 06, 2024 5:16:40pm

Jan 06, 2024 5:16:40pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=G6PZm8vhm6l&si=AIVQ13WTxO0dF13g>

Updated Jan 06, 2024 5:11:56pm

Jan 06, 2024 5:11:56pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=3YHZb74kvQ8&si=sGeCWViTpEeOyDij>

Updated Jan 06, 2024 5:07:39pm

Jan 06, 2024 5:07:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=fiEYSnptNNM&si=kiRVoQa0JxQ0-zrj>

Updated Jan 06, 2024 5:05:32pm

Jan 06, 2024 5:05:32pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=g9\\_ljGQW-xg&si=e0Kgs-CQeOhEbacm](https://youtube.com/watch?v=g9_ljGQW-xg&si=e0Kgs-CQeOhEbacm)

Updated Jan 06, 2024 5:03:30pm

Jan 06, 2024 5:03:30pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=C-5iXUq6bOw&si=2-zbfxztiUCpMPYP>

Updated Jan 06, 2024 5:01:47pm

Jan 06, 2024 5:01:47pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Dju-3mIU1Hk&si=c345ML7uAOF0MEAT>

Updated Jan 06, 2024 4:59:15pm

Jan 06, 2024 4:59:15pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=EKkzbbLYPul&si=4mq\\_67y-N5WJghNn](https://youtube.com/watch?v=EKkzbbLYPul&si=4mq_67y-N5WJghNn)

Updated Jan 06, 2024 4:57:28pm

Jan 06, 2024 4:57:28pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=59Q\\_lhgGANc&si=5HYb\\_KISu2xeoqjz](https://youtube.com/watch?v=59Q_lhgGANc&si=5HYb_KISu2xeoqjz)

Updated Jan 06, 2024 4:54:56pm

Jan 06, 2024 4:54:56pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=pRpeEdMmmQ0&si=1UlnBOUp-eAvbZw>

Updated Jan 06, 2024 4:53:23pm

Jan 06, 2024 4:53:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=xq-aTe77bkA&si=WaBjLf0BX2JHW8h>

Updated Jan 06, 2024 4:51:33pm

Jan 06, 2024 4:51:33pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XEjLoHdbVeE&si=pu3wuoPiDfipULG->

Updated Jan 06, 2024 4:45:14pm

Jan 06, 2024 4:45:14pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=f49Lip6W4Sc&si=rZHf6agsoyk5OLc3>

Updated Jan 06, 2024 4:42:18pm

Jan 06, 2024 4:42:18pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=WZhkSQXRvQw&si=c5DUIDedi9APZVT5>

Updated Jan 06, 2024 4:40:29pm

Jan 06, 2024 4:40:29pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=ER\\_3h03omdE&si=qU-FbMTAXVgZqHTY](https://youtube.com/watch?v=ER_3h03omdE&si=qU-FbMTAXVgZqHTY)

Updated Jan 06, 2024 4:37:59pm

Jan 06, 2024 4:37:59pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AqFfe6Y97Yc&si=RzKr5tncDlyMzUK2>

Updated Jan 06, 2024 4:36:01pm

Jan 06, 2024 4:36:01pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AIOAlaACuv4&si=ewhCZi-QZWYz8kX>

Updated Jan 06, 2024 4:30:52pm

Jan 06, 2024 4:30:52pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=DqoLMGSBGYc&si=byEROirqP-wlZ5qo>

Updated Jan 06, 2024 4:29:02pm

Jan 06, 2024 4:29:02pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=EmTBKbyaEjU&si=ansdLdvdF53Gc5PB>

Updated Jan 06, 2024 4:27:19pm

Jan 06, 2024 4:27:19pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=wJ6zs2WSCjk&si=AFBW\\_hImO8WhbXeE](https://youtube.com/watch?v=wJ6zs2WSCjk&si=AFBW_hImO8WhbXeE)

Updated Jan 06, 2024 4:25:07pm

Jan 06, 2024 4:25:07pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ryGlgkvqzKE&si=D6oVI4K8zwku1uuO>

Updated Jan 06, 2024 4:22:42pm

Jan 06, 2024 4:22:42pm



**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=W2lJwkMgeRg&si=SEt6m0xXGrK\\_51WL](https://youtube.com/watch?v=W2lJwkMgeRg&si=SEt6m0xXGrK_51WL)

Updated Jan 06, 2024 4:20:39pm

Jan 06, 2024 4:20:39pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=HvXOubsGpGA&si=m7Jx-eXPrB0qmor\\_](https://youtube.com/watch?v=HvXOubsGpGA&si=m7Jx-eXPrB0qmor_)

Updated Jan 06, 2024 4:18:54pm

Jan 06, 2024 4:18:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=39dm0gz7Ekl&si=Du-reMkubzt-dafq>

Updated Jan 06, 2024 4:16:46pm

Jan 06, 2024 4:16:46pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=E5fgkPZ5ulc&si=-gCAsOKC0EODegxL>

Updated Jan 06, 2024 4:13:56pm

Jan 06, 2024 4:13:56pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=P8G4H5qlcU0&si=R\\_OIYRBbzH2l89df](https://youtube.com/watch?v=P8G4H5qlcU0&si=R_OIYRBbzH2l89df)

Updated Jan 06, 2024 4:10:11pm

Jan 06, 2024 4:10:11pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AmqhjOMT1Gc&si=-hIVLitfeRHa3P93>

Updated Jan 06, 2024 4:08:47pm

Jan 06, 2024 4:08:47pm

Running is as effective as anti-depressants, which only work on 15% of people that are diagnosed with depression.

Jan 06, 2024 4:07:12pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/FANACAN-Precision-Screwdriver-Electronic-Compatible/dp/B0943S5TTB/ref=mp\\_s\\_a\\_1\\_1\\_ssapa?crd=3ID4UG2XFS2XY&keywords=set+of+screwdrivers+pc+laptop&qid=1704549808&sprefix=swt+of+screw+drivers+pc+laptop%2Caps%2C162&sr=8-1-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWYy2hfYXRm&psc=1&smid=A1TTI26LFDOLSL](https://www.amazon.co.uk/FANACAN-Precision-Screwdriver-Electronic-Compatible/dp/B0943S5TTB/ref=mp_s_a_1_1_ssapa?crd=3ID4UG2XFS2XY&keywords=set+of+screwdrivers+pc+laptop&qid=1704549808&sprefix=swt+of+screw+drivers+pc+laptop%2Caps%2C162&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9waG9uZV9zZWYy2hfYXRm&psc=1&smid=A1TTI26LFDOLSL)

Updated Jan 06, 2024 4:03:58pm

Jan 06, 2024 4:03:58pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=x8zLtFPz7yA&si=UXR0I\\_KZ3qHhV6Dp](https://youtube.com/watch?v=x8zLtFPz7yA&si=UXR0I_KZ3qHhV6Dp)

Updated Jan 06, 2024 4:01:54pm

Jan 06, 2024 4:01:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Yy5cKX4jBkQ&si=wGPw5X7EGm4RCIs->

Updated Jan 06, 2024 3:59:08pm

Jan 06, 2024 3:59:08pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=na5EcmFXyew&si=D1npbMwxrudZJlh>

Updated Jan 06, 2024 3:57:00pm

Jan 06, 2024 3:57:00pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=LnoqsL5Apqc&si=pEv1yvqDbekaKc\\_G](https://youtube.com/watch?v=LnoqsL5Apqc&si=pEv1yvqDbekaKc_G)

Updated Jan 06, 2024 3:51:59pm

Jan 06, 2024 3:51:59pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=z0c2ChzUhMk&si=HaEXljeY7XuhyiWO>

Updated Jan 06, 2024 3:48:16pm

Jan 06, 2024 3:48:16pm

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=YHj6k-DY9mk&si=iigP5r9R68uFhv65>

Updated Jan 06, 2024 3:41:55pm

Jan 06, 2024 3:41:55pm

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=lx15gzHApKo&si=3IRbmPt--XGRnWQd>

Updated Jan 06, 2024 3:39:37pm

Jan 06, 2024 3:39:37pm

Taking vitamins for a while helps you go through viral infections easier, but they may be unnecessary if your diet is balanced.

Vitamin deficiency may cause mental disease.

Jan 06, 2024 3:38:23pm

Caloric restriction extends the lifespan.

Jan 06, 2024 3:35:22pm

The Mediterranean diet is the best in the world. It conveys multiple health benefits.

Jan 06, 2024 3:34:19pm

Humans are mostly monogamous in larger concentrations of populations.

Jan 06, 2024 3:26:38pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.rammigsoftware.bluecoins>

Updated Jan 06, 2024 3:24:46pm

Jan 06, 2024 3:24:46pm

Dancing and acting and making pottery has therapeutic value.

Jan 06, 2024 3:20:31pm

Breeding with cousins is not actually bad genetically speaking. It may even strengthen family ties.

Jan 06, 2024 3:17:41pm

But nothing is perfect, even humans, so sometimes it goes awry.

Jan 06, 2024 3:16:20pm

Children molesters are not really molesters. 18+ age of adulthood is artificially imposed by society.

Jan 06, 2024 3:14:38pm

Homosexuals and bisexuals help raising children.

Jan 06, 2024 3:12:11pm

Rapists should consider using dating apps instead.

Jan 06, 2024 3:10:18pm

Maintaining a good personal hygiene helps you socialize better and keeps diseases away.

Jan 06, 2024 3:09:11pm

Drink only one real coffee per day and as many decaffeinated coffee as you like. Otherwise, it's bad for your heart.

Coffee protects against diabetes.

Jan 06, 2024 3:04:56pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.faitcomesbyhearing.android.bibleis>

Updated Jan 06, 2024 3:03:16pm

Jan 06, 2024 3:03:16pm

**Solon Papageorgiou shared a link.**

<https://cyprussamaritans.org/>

Updated Jan 06, 2024 3:02:37pm

Jan 06, 2024 3:02:37pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.EAGINsoftware.dejaloYa>

Updated Jan 06, 2024 3:01:17pm

Jan 06, 2024 3:01:17pm

**Solon Papageorgiou shared a link.**

[https://speechelo.com/g-offer/?gc\\_id=15007999843&h\\_ad\\_id=558506792826&gad\\_source=1&gclid=Cj0KCQiAkeSsBhDUARIsAK3tiedmArpc-IDwwW\\_LeQ3Ncve7G6zL83idL5QjW1T2IC504kH7OKelOY4aAka6EALw\\_wcB](https://speechelo.com/g-offer/?gc_id=15007999843&h_ad_id=558506792826&gad_source=1&gclid=Cj0KCQiAkeSsBhDUARIsAK3tiedmArpc-IDwwW_LeQ3Ncve7G6zL83idL5QjW1T2IC504kH7OKelOY4aAka6EALw_wcB)

Updated Jan 06, 2024 2:57:54pm

Jan 06, 2024 2:57:54pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=evolly.app.translatez>

Updated Jan 06, 2024 2:56:08pm

Jan 06, 2024 2:56:08pm

**Solon Papageorgiou shared a link.**

[https://play.google.com/store/apps/details?id=com.fullyFluent.fully\\_fluent](https://play.google.com/store/apps/details?id=com.fullyFluent.fully_fluent)

Updated Jan 06, 2024 2:55:43pm

Jan 06, 2024 2:55:43pm

Get a UPS.

Jan 06, 2024 2:53:34pm

Get a second monitor. It makes you more productive.

Jan 06, 2024 2:53:20pm

With hardware and software KVM switches you control multiple desktop/laptop/tablet/smartphone devices with just one mouse and keyboard. Make sure they support both Bluetooth and WI-FI at the same time.

Jan 06, 2024 2:50:57pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.appsuite.imagetotext>

Updated Jan 06, 2024 2:48:47pm

Jan 06, 2024 2:48:47pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.ifirstaid>

Updated Jan 06, 2024 2:47:19pm

Jan 06, 2024 2:47:19pm

0- blood type people are universal donors of blood and organs.

Jan 06, 2024 2:45:17pm

Considering the scale, it's almost something for nothing.

Jan 06, 2024 2:41:47pm

And if you are overweight or obese, there are over the counter pills that, when in diet, for every kilogram you lose, you lose one extra for free. I bet these pills have minimal side effects.

Avoid salt to lose weight.

Jan 06, 2024 2:40:00pm

For alcoholics, don't despair, there is a pill to help you with the withdrawal cravings.

Smokers can try nicorette spray.

Heroin addicts can try methadone and other addicts other pills that help go through the withdrawal process.

Jan 06, 2024 2:37:34pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Neutrogena-Visibly-Clear-Proofing-Daily/dp/B074P9B5FF/ref=mp\\_s\\_a\\_1\\_1?keywords=salicylic+acid+neutrogena&qid=1704543982&sr=8-1](https://www.amazon.co.uk/Neutrogena-Visibly-Clear-Proofing-Daily/dp/B074P9B5FF/ref=mp_s_a_1_1?keywords=salicylic+acid+neutrogena&qid=1704543982&sr=8-1)

Updated Jan 06, 2024 2:26:39pm

Jan 06, 2024 2:26:39pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Electric-Spin-Scrubber-Replaceable-Rechargeable/dp/B0CHMH6M4L/ref=mp\\_s\\_a\\_1\\_4?crid=Q29UT6CKH3II&keywords=electric+brush+acme&qid=1704543907&srefix=electric+brush+acme%2Caps%2C169&sr=8-4](https://www.amazon.co.uk/Electric-Spin-Scrubber-Replaceable-Rechargeable/dp/B0CHMH6M4L/ref=mp_s_a_1_4?crid=Q29UT6CKH3II&keywords=electric+brush+acme&qid=1704543907&srefix=electric+brush+acme%2Caps%2C169&sr=8-4)

Updated Jan 06, 2024 2:25:36pm

Jan 06, 2024 2:25:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=3TSkuu7JKuc&si=hx8e1SrLXMZU8xKy>

Updated Jan 06, 2024 2:22:19pm

Jan 06, 2024 2:22:19pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.dailyyoga.inc>

Updated Jan 06, 2024 2:20:33pm

Jan 06, 2024 2:20:33pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.grammarly.android.keyboard>

Updated Jan 06, 2024 2:19:14pm

Jan 06, 2024 2:19:14pm

A baby aspirine significantly protects against cancer and cardiovascular disease, but increases the risk of blood bleeding.

Jan 06, 2024 2:18:44pm

Children as young as two or three years old understand everything.

Jan 06, 2024 2:15:19pm

Beta-carotene that is eaten only from natural sources reverses precancerous growths caused by smoking.

Jan 06, 2024 2:13:23pm

**Solon Papageorgiou shared a link.**

<https://www.blender.org/>

Updated Jan 06, 2024 2:10:27pm

Jan 06, 2024 2:10:27pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Yu6--WBPBHo&si=pVZT2pU993H4BgBV>

Updated Jan 06, 2024 2:08:15pm

Jan 06, 2024 2:08:15pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=C8aQKbunDP8&si=0t77v2Uk4O6ZZcAL>

Updated Jan 06, 2024 2:06:41pm

Jan 06, 2024 2:06:41pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=M3K9OXMtBYA&si=5KZ3LbucL9O\\_zd5m](https://youtube.com/watch?v=M3K9OXMtBYA&si=5KZ3LbucL9O_zd5m)

Updated Jan 06, 2024 2:04:39pm

Jan 06, 2024 2:04:39pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=-ZPznxKZ5-A&si=yLfh4mtDEjfVEgEy>

Updated Jan 06, 2024 2:03:23pm

Jan 06, 2024 2:03:23pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=0KPhwmDKq9A&si=GPMNgSYVAbVIOvPK>

Updated Jan 06, 2024 2:00:09pm

Jan 06, 2024 2:00:09pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=TfVELCHk3is&si=3mmrl-mH4DF6XziG>

Updated Jan 06, 2024 1:56:55pm

Jan 06, 2024 1:56:55pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=w6ZeW-btb4s&si=woUzVP5hIHOG-KcF>

Updated Jan 06, 2024 1:53:33pm

Jan 06, 2024 1:53:33pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=9JqKD4aNW\\_k&si=yWbpCoxiHj8w5vOq](https://youtube.com/watch?v=9JqKD4aNW_k&si=yWbpCoxiHj8w5vOq)

Updated Jan 06, 2024 1:51:55pm

Jan 06, 2024 1:51:55pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=YRwH0TN8tVE&si=NYI5d7Dfq2nJ1EQC>

Updated Jan 06, 2024 1:48:00pm

Jan 06, 2024 1:48:00pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=MmJc-tKohcc&si=ZfQ4YON-vNU4f0dh>

Updated Jan 06, 2024 1:44:04pm

Jan 06, 2024 1:44:04pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=JRp1LZOk05o&si=K-cqjkap7LhU3ZMh>

Updated Jan 06, 2024 1:42:34pm

Jan 06, 2024 1:42:34pm

**Solon Papageorgiou shared a link.**



<https://youtube.com/watch?v=gggDVCZeqSM&si=z-6LbQa2SdKBc0nE>

Updated Jan 06, 2024 1:41:16pm

Jan 06, 2024 1:41:16pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ZD7qwYxLKHo&si=v1OdkqGCz6VJKF2Z>

Updated Jan 06, 2024 1:39:36pm

Jan 06, 2024 1:39:36pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=J98-blQ9H1E&si=YByQt3aFISO6EdHQ>

Updated Jan 06, 2024 1:36:19pm

Jan 06, 2024 1:36:19pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=bQGgpcFIGY8&si=g-tqLEF\\_RC\\_GdAgZ](https://youtube.com/watch?v=bQGgpcFIGY8&si=g-tqLEF_RC_GdAgZ)

Updated Jan 06, 2024 1:33:45pm

Jan 06, 2024 1:33:45pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=u93gJXcSyEs&si=6RITikE3XwmlHdNt>

Updated Jan 06, 2024 1:31:24pm

Jan 06, 2024 1:31:24pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=EloXaKNp2co&si=7PDy7add0ddLjtfl>

Updated Jan 06, 2024 1:29:29pm

Jan 06, 2024 1:29:29pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=UM0SSu8iclw&si=f-CIG5oTXNN1NA8T>

Updated Jan 06, 2024 1:28:52pm

Jan 06, 2024 1:28:52pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Elc0oThyV3Q&si=k0hiA8Kh6vMdwWjC>

Updated Jan 06, 2024 1:27:13pm

Jan 06, 2024 1:27:13pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.calm.android>

Updated Jan 06, 2024 1:25:24pm

Jan 06, 2024 1:25:24pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=KhWvG7pBUwg&si=ziyIQZ5ynzV7OHuP>

Updated Jan 06, 2024 1:24:52pm

Jan 06, 2024 1:24:52pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=eu1auaUHy0c&si=a\\_izq5ZGvcWa38cF](https://youtube.com/watch?v=eu1auaUHy0c&si=a_izq5ZGvcWa38cF)

Updated Jan 06, 2024 1:23:03pm

Jan 06, 2024 1:23:03pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=org.iggymedia.periodtracker>

Updated Jan 06, 2024 1:20:26pm

Jan 06, 2024 1:20:26pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=IPCxm9kwO98&si=h46LNuzxvsN49VJT>

Updated Jan 06, 2024 1:17:11pm

Jan 06, 2024 1:17:11pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=3Ba\\_WoSZXvw&si=9PI6Co44tscQm4s8](https://youtube.com/watch?v=3Ba_WoSZXvw&si=9PI6Co44tscQm4s8)

Updated Jan 06, 2024 1:16:29pm

Jan 06, 2024 1:16:29pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=2cBzMSPYKas&si=0C9k6mgXK1ly\\_shs](https://youtube.com/watch?v=2cBzMSPYKas&si=0C9k6mgXK1ly_shs)

Updated Jan 06, 2024 1:15:05pm

Jan 06, 2024 1:15:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XpIMGamlvwg&si=vcHpU3PZwoXxN2o1>

Updated Jan 06, 2024 1:13:05pm

Jan 06, 2024 1:13:05pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=fduZDYKFI04&si=R1BDePgjKkN\\_RoaK](https://youtube.com/watch?v=fduZDYKFI04&si=R1BDePgjKkN_RoaK)

Updated Jan 06, 2024 1:11:12pm

Jan 06, 2024 1:11:12pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Vpy3ucLA7Ik&si=wEVxYraj1pIBvQHI>

Updated Jan 06, 2024 1:09:22pm

Jan 06, 2024 1:09:22pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Lb8cFC25zeM&si=DGJsS5WfsY7khFi8>

Updated Jan 06, 2024 1:07:04pm

Jan 06, 2024 1:07:04pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=hvR5chXoaxg&si=WQ74iWFakGgfeMQh>

Updated Jan 06, 2024 1:05:26pm

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jOpmhCOsYxg&si=PMtzoDsnEzv3ltaL>

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<https://youtube.com/watch?v=zBqN7ld4bK4&si=-DzpFZET-kTWNPSY>

Updated Jan 06, 2024 1:02:02pm

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[https://youtube.com/watch?v=oJLNCTdJKu4&si=0F\\_42wFf2ZEUeiXF](https://youtube.com/watch?v=oJLNCTdJKu4&si=0F_42wFf2ZEUeiXF)

Updated Jan 06, 2024 12:58:03pm

Jan 06, 2024 12:58:03pm

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Updated Jan 06, 2024 12:56:43pm

Jan 06, 2024 12:56:43pm

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 12:37:48pm

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Updated Jan 06, 2024 12:34:36pm

Jan 06, 2024 12:34:36pm

Una mezcla de todos.

Jan 06, 2024 12:31:59pm

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Jan 06, 2024 12:21:39pm

**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 12:13:31pm

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Updated Jan 06, 2024 12:09:15pm

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<https://play.google.com/store/apps/details?id=com.camerasideas.instashot>

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 11:55:11am

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Updated Jan 06, 2024 11:48:21am

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Updated Jan 06, 2024 11:46:32am

Jan 06, 2024 11:46:32am

**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 11:09:14am

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 11:04:33am

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 11:01:11am

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 10:59:20am

Jan 06, 2024 10:59:20am

**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 10:56:28am

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**Solon Papageorgiou shared a link.**

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 10:49:24am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Jv4MYqzg-P4&si=QqcsybGTvCNvrZhB>

Updated Jan 06, 2024 10:35:47am

Jan 06, 2024 10:35:47am

Listening.io

Jan 06, 2024 10:34:14am

You learn better by teaching others.

Jan 06, 2024 10:32:10am

Short, sturdy people can develop phenomenal strength and are less prone to heart disease than taller people.

Jan 06, 2024 10:29:24am

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Updated Jan 06, 2024 10:24:44am

Jan 06, 2024 10:24:44am

Solon Papageorgiou shared a link.

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Updated Jan 06, 2024 10:21:54am

Jan 06, 2024 10:21:54am

For better memory, repeat what you learned.

Jan 06, 2024 10:19:56am

If you can get one thing right, get enough sleep.

Sleep hygiene is important for helping falling asleep.

Also, there is such thing as sleep debt. If you don't sleep enough daily, you need to sleep more for a while.

Jan 06, 2024 10:18:23am

Change doesn't happen overnight, it usually takes time.

Jan 06, 2024 10:11:55am

Appearances are taken for real and initial impressions are difficult to change, but with time and consistency, it's possible.

Jan 06, 2024 10:11:25am

Trust can be lost in the blink of an eye, but it can also be rebuilt.

Also, it's like a piggy bank. You put coins and if something shakes trust, you can afford to lose some without totally destroying the trust.

Jan 06, 2024 10:08:23am

Here's another good piece of advice, if you exercise today and tomorrow you stop, your muscles will atrophy, but if two days later you resume exercise, they will grow back. This is called muscle memory.

Jan 06, 2024 10:05:53am

Here's a good tip. If you smoke, the next best thing you can do is to eat healthy and exercise.

Jan 06, 2024 10:01:57am

## Final summary

The key message in these blinks:

In many situations, we humans like to avoid thinking about how we should react by using predictable shortcuts to guide our decisions. Compliance professionals like advertisers, con artists and salespeople take advantage of these preprogrammed human reactions to elicit the response that's in their best interests, not ours. Specifically, they leverage the principles of reciprocity, scarcity, consistency, social proof, liking and authority. Since we cannot stop using these shortcuts that mostly serve us well, we must instead learn to defend ourselves against the manipulators who abuse them.

Jan 06, 2024 9:56:06am

**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 9:53:52am

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**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 9:45:49am

Jan 06, 2024 9:45:49am

Excellent advice for relating

Unless you choose a monastic existence tucked away on some remote mountain, you'll spend a significant slice of time interacting with your fellow human beings. As a result, learning how to relate well with others can make your path to a better life much smoother.

When you first meet a stranger, let them know you'll remember their name. Making someone feel seen and heard is one of the greatest – and cheapest – gifts you can bestow. A simple way to do this is to include their name in your reply after they've introduced themselves. You could frame this as, "Nice to meet you, John," or, "Hi, Maria."

Conversely, when meeting someone for a second or third time, be gracious and introduce yourself to them again. A straightforward "Hi Anna, Kevin Kelly" is often all that's needed.

To be an exceptional conversationalist, focus on listening – to the subtext just as much as the words themselves. Talk less than you feel tempted to. That's usually the right amount.

Jan 06, 2024 9:39:07am

In conclusion: if at first you don't succeed, try, try again.

It's not enough to read about these skills and use them once or twice. The key to really transforming your relationship is to practice these strategies so much that they become as natural to you as the negative patterns once were. This is called overlearning. After all, you've had years to practice negative communication patterns. Breaking them will also take lots of practice.

Start small. Practice calming yourself, speaking nondefensively and validating your partner in an ordinary conversation. While you're driving somewhere, or watching TV together, for example. Practice even if you're tired and you really don't feel like doing it. Overlearning means that you become so used to that behavior that it becomes automatic. So even in the heat of an argument, even when you're feeling flooded and overwhelmed, you're able to

access these tools. And instead of getting stuck in a negative spiral, you're able to have a meaningful argument – one in which both of you are able to say how you feel and know that your partner gets it. Or at least that they want to get it. An argument that you're able to resolve.

Marriages are like delicate ecosystems – they need balance. A balance of conflict and harmony. A balance of negativity and positivity. There's a reason you fell in love with the person you married. That reason may be hard to remember after years of stress and frustration. But it's there. These tools will interrupt the negative thoughts you have swarming around your head, and allow you to find that love again.

Jan 06, 2024 9:36:22am

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Updated Jan 06, 2024 9:26:45am

Jan 06, 2024 9:26:45am

**Solon Papageorgiou shared a link.**

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Updated Jan 06, 2024 9:22:25am

Jan 06, 2024 9:22:25am

Be a strong personal leader by empowering those around you.

We all play leadership roles for others in our lives sometimes. As a parent, it's your relationship with your children. As an employee, it's your relationship with your colleagues.

To be a good personal leader in such situations, you must strive to empower those you lead. While it's not possible to directly instill empowerment in anyone, you can create conditions that allow them to empower themselves. Conditions such as trust, respect and honesty will naturally lead to empowerment in others.

To foster those conditions, involve others in your decision-making. For example, imagine one of your subordinates at work comes to you with a problem. Don't immediately try to fix it – first, ask them what they'd do, and encourage them to find a solution themselves. They'll appreciate that you value their creativity, and feel respected. They'll likely feel empowered, and strive to perform even better in the future.

So when you lead someone, focus on mutual trust and accountability. Studies have shown that companies with a "high-trust-culture," in which employees feel trusted by their employers, perform better than those with a "low-trust-culture." So don't lead through strict supervision and control; it might seem easier in the short-term to get immediate results, but in the long-run it's not productive.

A good way to cultivate a "high-trust-culture" is to get regular feedback from those you lead. This will demonstrate that you respect their opinion, and you'll also know what areas you might need to work on.

For instance, if a CEO listens to his employees' feedback, it shows that he values their judgement, and also demonstrates his humility: he knows his performance might not be perfect and he's willing to change.

You'll find personal leadership roles in every aspect of your life, whether it's family, work or even just friends. So be a strong leader by basing your relationships on trust, respect and honesty



Jan 06, 2024 9:12:58am

## Final Summary

One of the greatest obstacles in life is complacency. When we assume we have endless time, we fail to act with swiftness. When we know we can retreat, we fail to fight with resolve. When we only see victories, we fail to anticipate the costs of our campaigns. That's where strategy, the art of planning, comes in. To think strategically is to take the long view. Is this war really worth fighting? If so, should we press ahead now or wait? It also tells us how we should fight: with urgency and clarity. When we take to the battlefield of life, we must place our backs against the wall and give ourselves no option for escape. When we know that our only choice is to move forward, we fight with much greater determination.

From the book 'The 33 Strategies of War.'

Jan 06, 2024 9:10:24am

## Solon Papageorgiou shared a link.

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Updated Jan 06, 2024 9:01:24am

Jan 06, 2024 9:01:24am

## Excellent advice for surviving

Survival – it's what our species is hardwired to do. For many of us, this looks drastically different from what it did for our prehistoric ancestors. Nowadays, it's more about attaining social validation than outrunning saber-toothed tigers. But no one's immune to random acts of God, so it's wise to learn a handful of best practices.

Before we look at a couple of emergency contexts, let's start with a more everyday occurrence: sleep.

We all know sleep is critical to surviving, let alone thriving, as a human being. Current general guidelines recommend eight hours of sleep per night – one-third of our day. So invest in as good a bed as you can afford. After all, it's where you'll spend a third of your life!

Sleep should also be your first port of call if you find yourself feeling out of sorts during the day. There's no shame in taking a 20-minute nap if you need one. Any raised eyebrows you might incur are a small price to pay for the rest and energy you'll receive in return.

When out and about in the world, take a few seconds to identify the emergency exits in any new room, building, or transport you'll spend more than a few minutes in. Should disaster strike, those few seconds could save your life.

In the aftermath of such a disaster, remember the rule of three for attracting attention: three shouts, whistles, or horn blasts. If cars are involved, keep people in their respective vehicles if possible. Standing by the collision site is more dangerous than remaining put.

Just as counterintuitive is monitoring temperature in pure survival-mode scenarios. We're quick to jump to finding food and water, but it's actually a lack of shade or warmth that will get us first. Memorize the rule of three here too: you can last three weeks without food, three days without water, but only three hours without temperate shelter. Prioritize accordingly.

From the book 'Excellent Advice for Living.'

Jan 06, 2024 8:58:51am

## Solon Papageorgiou shared a link.

<https://music.youtube.com/watch?v=P2zOb0HGdxg&si=8oFLp67HWRZT6mQM>

Updated Jan 06, 2024 8:54:05am

Jan 06, 2024 8:54:05am

How to sell an idea

Part 2

The first two questions are: What is it and how does it work? These are the most fundamental questions to answer about your topic. By answering them, you're going to enable your audience to conceptualize the thing you're pitching. That's a prerequisite to getting them on board with it. After all, they're not going to sign up for something if they don't understand what they're being asked to sign up for. For instance, if you're asking them to invest in your new invention, they might need to understand what it does, what the point of it is, what the market for it looks like, how it operates, how you're going to manufacture it and so forth.

Now, in answering the questions of what it is and how it works, you're going to be making some bold claims about the thing you're pitching. Naturally, your audience will want you to back them up. That's where the third question comes in: Are you sure? To answer this question, you're simply going to provide some facts and figures that will reinforce the claims you've previously made. For example, if you claimed the market for your invention was a certain size, you might provide some data to support that assertion.

At this point, your audience should understand how and why the thing you're pitching represents a good opportunity for them. There's just one question left to answer: Can you do it? For example, based on your answers to the previous questions, your invention might sound like a great idea, but do you have the ability to bring it to market? By answering this question, you're going to reassure your audience that you can deliver on the thing you're proposing.

So those are the four questions in a nutshell. In the next two blinks, we'll take a closer look at how to answer them effectively.

Jan 06, 2024 8:51:54am

How to sell an idea

Part 1

Your pitch needs to answer four questions: What is it? How does it work? Are you sure? And can you do it?

In theory, the objective of a three-minute pitch is pretty simple. You just need to capture the basic concept of the thing you're pitching and communicate it compellingly. Of course, that's much easier said than done. How do you actually do it?

The exact details are going to depend on your topic and your audience, but there is a general template to follow. The essential idea is that by the end of your pitch, you need to answer four fundamental questions about the thing you're pitching.

Jan 06, 2024 8:49:57am

**Solon Papageorgiou shared a link.**

[https://music.youtube.com/watch?v=eap0G9ldKc0&si=a\\_nfW0YYwzPDHbb7](https://music.youtube.com/watch?v=eap0G9ldKc0&si=a_nfW0YYwzPDHbb7)

Updated Jan 06, 2024 8:45:09am

Jan 06, 2024 8:45:09am

Focus on interdependence and cooperation, not independence and competition.

Throughout life, we're constantly compelled to compete: we worry about who's got the best grades, the best job, or who's smarter or prettier than us. This unhealthy focus on independence and competition impacts us negatively.



Trying to achieve everything alone and in competition makes us rush to get things done. People “rush to live” by getting fast food while running to an appointment, instead of taking time to eat healthily. Others “rush to love” by moving from one relationship to another – ending things when difficulty arises, rather than working through it.

Unfortunately, this lifestyle of rushing has many negative effects. A bad diet leads to health problems, for instance, and couples lacking patience to work through difficulties leads to divorce.

Rather than being driven by independence and competition, we need to focus on interdependence and cooperation.

Why these two concepts in particular? Well, consider that the four basic human needs (living, loving, learning and leaving a legacy) all involve having relationships with others. Everyone depends on other people to stay alive, healthy and happy, and we need to acknowledge this interdependence as a good thing.

Valuing interdependence and cooperation is much more positive than viewing everything as a competition. When we work independently, we often think that in order to win, we must cause someone else to lose. But if we focus on cooperation, it's much easier to create win-win situations.

Consider, for example, two people working through their marriage. Many couples divorce when their initial honeymoon-phase has worn off and they hit their first serious problems. But couples who work together, share a vision, and value cooperation might find that solving problems together can make their marriage even stronger.

So you can see the long-term and immediate benefits of working cooperatively with the people in our lives, rather than viewing them as competitors.



Jan 06, 2024 8:40:16am

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=a3hOeU7w59o&si=Mkwy0RUll6wROAfl>

Updated Jan 06, 2024 8:33:17am

Jan 06, 2024 8:33:17am

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=oGn-k8qW8VM&si=K7-M0QmD653FhONM>

Updated Jan 06, 2024 8:28:39am

Jan 06, 2024 8:28:39am

**Solon Papageorgiou shared a link.**

[https://music.youtube.com/watch?v=cyblSDoRRxg&si=MTnOYo0-\\_ANoD7j1](https://music.youtube.com/watch?v=cyblSDoRRxg&si=MTnOYo0-_ANoD7j1)

Updated Jan 06, 2024 8:19:47am

Jan 06, 2024 8:19:47am

Τον Δόκτορα Πουλιανό, τον γνώρισα προσωπικά στα Πετράλωνα.

Jan 06, 2024 8:13:25am

Και ένα λάικ να σου κάνει η Amaia Montero δεν το ξεχνάς ποτέ.

Jan 06, 2024 8:11:29am

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=cx5qVmtfayA&si=UBMKQchk2FmL5UB3>

Updated Jan 06, 2024 8:09:06am

Jan 06, 2024 8:09:06am

Would you like to know the ultimate truth? Because I was offered to learn and I denied. TWICE.

Jan 06, 2024 8:03:26am

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=nYnLVWXmRm8&si=J6BXMlcNpQoE8vPi>

Updated Jan 06, 2024 7:56:18am

Jan 06, 2024 7:56:18am

**Solon Papageorgiou shared a link.**

<https://music.youtube.com/watch?v=SkDI01vv7qw&si=UjG86xo69Ub4HzyN>

Updated Jan 06, 2024 7:28:05am

Jan 06, 2024 7:28:05am

And why sometimes two unattractive people will have a few children who are also unattractive, except for one child who is outrageously good-looking? It is like The Munster Family.

Jan 06, 2024 4:28:39am

Why sometimes very handsome parents produce ugly children?

Jan 06, 2024 4:26:10am

You can learn a lot from documentaries and TV series online on medicine or law!

How's that for a change?

Jan 06, 2024 4:21:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=6Pazt9whz0A>

Updated Jan 06, 2024 4:09:17am

Jan 06, 2024 4:09:17am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=B9vGQ-2l53w>

Updated Jan 06, 2024 4:07:12am

Jan 06, 2024 4:07:12am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=Sj\\_9CiNkkn4](https://youtube.com/watch?v=Sj_9CiNkkn4)

Updated Jan 06, 2024 4:03:16am

Jan 06, 2024 4:03:16am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=ZM5qIJdBtX0>

Updated Jan 06, 2024 4:01:28am

Jan 06, 2024 4:01:28am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=UbxUSsFXyo4>

Updated Jan 06, 2024 3:59:17am

Jan 06, 2024 3:59:17am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=HGVnG9WX5MQ>

Updated Jan 06, 2024 3:54:23am

Jan 06, 2024 3:54:23am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=Jne9t8sHpUc>

Updated Jan 06, 2024 3:51:34am

Jan 06, 2024 3:51:34am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=d8RYUZT57XA>

Updated Jan 06, 2024 3:48:39am

Jan 06, 2024 3:48:39am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=1tatoOZ2-uw>

Updated Jan 06, 2024 3:45:03am

Jan 06, 2024 3:45:03am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=P0DK-0fIKCw>

Updated Jan 06, 2024 3:43:01am

Jan 06, 2024 3:43:01am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=AhzZIXvspl4>

Updated Jan 06, 2024 3:40:43am

Jan 06, 2024 3:40:43am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=5RhsUupVRiY>

Updated Jan 06, 2024 3:38:55am

Jan 06, 2024 3:38:55am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=aLDLpqZdhX0>

Updated Jan 06, 2024 3:36:02am

Jan 06, 2024 3:36:02am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=jboEolwHIIA>

Updated Jan 06, 2024 3:30:36am

Jan 06, 2024 3:30:36am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=N2jtJP2luXI>

Updated Jan 06, 2024 3:27:40am

Jan 06, 2024 3:27:40am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=tezmNJTKV9o>

Updated Jan 06, 2024 3:24:54am

Jan 06, 2024 3:24:54am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=9b4F\\_ppjnKU](https://youtube.com/watch?v=9b4F_ppjnKU)

Updated Jan 06, 2024 3:21:57am

Jan 06, 2024 3:21:57am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=oAZLgsDRUv4>

Updated Jan 06, 2024 3:19:07am

Jan 06, 2024 3:19:07am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=z1A2Ow7sGo0>

Updated Jan 06, 2024 3:16:53am

Jan 06, 2024 3:16:53am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=hdw1uKiTI5c>

Updated Jan 06, 2024 3:14:14am

Jan 06, 2024 3:14:14am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=VCq4HKUFCl0>

Updated Jan 06, 2024 3:11:15am

Jan 06, 2024 3:11:15am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=B7upelQdu-M>

Updated Jan 06, 2024 3:09:00am

Jan 06, 2024 3:09:00am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=HmnM9UFI4LM>

Updated Jan 06, 2024 3:05:30am

Jan 06, 2024 3:05:30am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=sf6LD2B\\_kDQ](https://youtube.com/watch?v=sf6LD2B_kDQ)

Updated Jan 06, 2024 3:02:32am

Jan 06, 2024 3:02:32am

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=\\_pMKp-Pufes](https://youtube.com/watch?v=_pMKp-Pufes)

Updated Jan 06, 2024 3:00:10am

Jan 06, 2024 3:00:10am

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=XW9GEgHgnZs>

Updated Jan 06, 2024 2:56:20am

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**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qtJ3Tula35l>

Updated Jan 06, 2024 2:50:51am

Jan 06, 2024 2:50:51am

[listening.com](https://listening.com)

Jan 06, 2024 2:36:44am

**Solon Papageorgiou shared a link.**

<https://www.amazon.com/Essential-Med-Notes-2018-Comprehensive/dp/192736339X>

<https://www.amazon.com/Essential-Med-Notes-2018-Comprehensive/dp/192736339X>

Updated Jan 06, 2024 2:34:30am

Jan 06, 2024 2:34:30am

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Dictionary-Law-Oxford-Quick-Reference/dp/0198802528/ref=sr\\_1\\_2?keywords=illustrated+dictionary+law&sr=8-2](https://www.amazon.co.uk/Dictionary-Law-Oxford-Quick-Reference/dp/0198802528/ref=sr_1_2?keywords=illustrated+dictionary+law&sr=8-2)

[https://www.amazon.co.uk/Dictionary-Law-Oxford-Quick-Reference/dp/0198802528/ref=sr\\_1\\_2?keywords=illustrated+dictionary+law&sr=8-2](https://www.amazon.co.uk/Dictionary-Law-Oxford-Quick-Reference/dp/0198802528/ref=sr_1_2?keywords=illustrated+dictionary+law&sr=8-2)

Updated Jan 06, 2024 2:32:07am

Jan 06, 2024 2:32:07am

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Learning-Persuasive-Writing-Argument-years/dp/0955831512/ref=sr\\_1\\_3?keywords=persuasive+writing&s=books&sr=1-3](https://www.amazon.co.uk/Learning-Persuasive-Writing-Argument-years/dp/0955831512/ref=sr_1_3?keywords=persuasive+writing&s=books&sr=1-3)

[https://www.amazon.co.uk/Learning-Persuasive-Writing-Argument-years/dp/0955831512/ref=sr\\_1\\_3?keywords=persuasive+writing&s=books&sr=1-3](https://www.amazon.co.uk/Learning-Persuasive-Writing-Argument-years/dp/0955831512/ref=sr_1_3?keywords=persuasive+writing&s=books&sr=1-3)

Updated Jan 06, 2024 2:30:45am

Jan 06, 2024 2:30:45am

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Concise-Medical-Dictionary-Oxford-Reference/dp/0198836619/ref=sr\\_1\\_9?keywords=illustrated+dictionary+law&s=books&sr=1-9](https://www.amazon.co.uk/Concise-Medical-Dictionary-Oxford-Reference/dp/0198836619/ref=sr_1_9?keywords=illustrated+dictionary+law&s=books&sr=1-9)

[https://www.amazon.co.uk/Concise-Medical-Dictionary-Oxford-Reference/dp/0198836619/ref=sr\\_1\\_9?keywords=illustrated+dictionary+law&s=books&sr=1-9](https://www.amazon.co.uk/Concise-Medical-Dictionary-Oxford-Reference/dp/0198836619/ref=sr_1_9?keywords=illustrated+dictionary+law&s=books&sr=1-9)

Updated Jan 06, 2024 2:29:36am

Jan 06, 2024 2:29:36am

**Solon Papageorgiou shared a link.**

[https://www.nb.org/basiki-kypriaki-nomothesia.html?utm\\_source=facebook&utm\\_medium=ads&utm\\_campaign=Pub\\_EkdoseisKyprou\\_10\\_2023](https://www.nb.org/basiki-kypriaki-nomothesia.html?utm_source=facebook&utm_medium=ads&utm_campaign=Pub_EkdoseisKyprou_10_2023)

[https://www.nb.org/basiki-kypriaki-nomothesia.html?utm\\_source=facebook&utm\\_medium=ads&utm\\_campaign=Pub\\_EkdoseisKyprou\\_10\\_2023&fbclid=IwAR1\\_7DepzWnl\\_n9BJADL71IfI83oVVmYjcCBMJPX5mWpEcJaMhiTbAQxyfCs](https://www.nb.org/basiki-kypriaki-nomothesia.html?utm_source=facebook&utm_medium=ads&utm_campaign=Pub_EkdoseisKyprou_10_2023&fbclid=IwAR1_7DepzWnl_n9BJADL71IfI83oVVmYjcCBMJPX5mWpEcJaMhiTbAQxyfCs)

Updated Jan 06, 2024 2:28:55am

Jan 06, 2024 2:28:55am

Timeline photos

Jan 06, 2024 2:26:32am

<https://www.amazon.com/Anatomy-Physiology-Made-Incredibly-Easy/dp/1451147260>

Jan 06, 2024 2:24:40am

<https://www.amazon.com/Life-Skills-Ready-Use-Activities/dp/0787969591#:~:text=The%20book%20addresses%20topics%20such,both%20new%20and%20seasoned%20teachers.>

Jan 06, 2024 2:20:12am

We have \*\*. In the worst case scenario, we'll say at least we tried.

Jan 06, 2024 2:16:36am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=oPrJtaELdoM>

<https://www.youtube.com/watch?v=oPrJtaELdoM>

Updated Jan 06, 2024 2:09:33am

Jan 06, 2024 2:09:33am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=iQVei5C2N4E>

<https://www.youtube.com/watch?v=iQVei5C2N4E>

Updated Jan 06, 2024 2:05:18am

Jan 06, 2024 2:05:18am

**Solon Papageorgiou shared a link.**

<https://www.pearson.com/en-gb/subject-catalog/p/smith--keenans-english-law/P200000005742/9781408296059>

<https://www.pearson.com/en-gb/subject-catalog/p/smith--keenans-english-law/P200000005742/9781408296059>

Updated Jan 06, 2024 2:03:56am

Jan 06, 2024 2:03:56am

**Solon Papageorgiou shared a link.**

<https://www.psychotherapy.org.uk/media/jrohoner/ukcp-guidelines-for-working-online-or-remotely-v1-0.pdf>

<https://www.psychotherapy.org.uk/media/jrohoner/ukcp-guidelines-for-working-online-or-remotely-v1-0.pdf>

Updated Jan 06, 2024 1:59:32am

Jan 06, 2024 1:59:32am

**Solon Papageorgiou shared a link.**

<https://www.goodreads.com/en/book/show/57913350>

<https://www.goodreads.com/en/book/show/57913350>

Updated Jan 06, 2024 1:55:31am

Jan 06, 2024 1:55:31am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=1Cnl-TYsyl4>

<https://www.youtube.com/watch?v=1Cnl-TYsyl4>

Updated Jan 06, 2024 1:51:47am



Jan 06, 2024 1:51:47am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=X9QJ7xjLCI0>

<https://www.youtube.com/watch?v=X9QJ7xjLCI0>

Updated Jan 06, 2024 1:51:26am

Jan 06, 2024 1:51:26am

**Solon Papageorgiou shared a link.**

[https://www.youtube.com/watch?v=R\\_8WqbX60uQ](https://www.youtube.com/watch?v=R_8WqbX60uQ)

[https://www.youtube.com/watch?v=R\\_8WqbX60uQ](https://www.youtube.com/watch?v=R_8WqbX60uQ)

Updated Jan 06, 2024 1:50:56am

Jan 06, 2024 1:50:56am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=NyUY0tNj8go>

<https://www.youtube.com/watch?v=NyUY0tNj8go>

Updated Jan 06, 2024 1:50:08am

Jan 06, 2024 1:50:08am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=5-qzloQN0KU>

<https://www.youtube.com/watch?v=5-qzloQN0KU>

Updated Jan 06, 2024 1:49:40am

Jan 06, 2024 1:49:40am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=7Cbjcxd65yU>

<https://www.youtube.com/watch?v=7Cbjcxd65yU>

Updated Jan 06, 2024 1:49:04am

Jan 06, 2024 1:49:04am

**Solon Papageorgiou shared a link.**

<https://www.milady.com/catalog/milady-standard-cosmetology>

<https://www.milady.com/catalog/milady-standard-cosmetology>

Updated Jan 06, 2024 1:45:15am

Jan 06, 2024 1:45:15am

**Solon Papageorgiou shared a link.**

<https://www.hacksplaining.com/>

<https://www.hacksplaining.com/>

Updated Jan 05, 2024 9:39:50pm

Jan 05, 2024 9:39:50pm

<https://pay.hotmart.com/O87337416P?off=3wk4txtl&checkoutMode=10&fbclid=IwAR034-vPIMsLCmfemjfxCmmVxLbIXYXIHaljCteY9qNnL5rhI7xZvQ8I5A&bid=1699336255263>

Jan 05, 2024 9:37:42pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Topsolar-Monocrystalline-Controller-Z-Brackets-Mounting/dp/B0C1RKKSVK/ref=mp\\_s\\_a\\_1\\_3?crd=3J3G2A2NRMQWF&keywords=solar+panel+kit&qid=1704482932&srefix=solar+panel+kit%2Caps%2C245&sr=8-3](https://www.amazon.co.uk/Topsolar-Monocrystalline-Controller-Z-Brackets-Mounting/dp/B0C1RKKSVK/ref=mp_s_a_1_3?crd=3J3G2A2NRMQWF&keywords=solar+panel+kit&qid=1704482932&srefix=solar+panel+kit%2Caps%2C245&sr=8-3)

Updated Jan 05, 2024 9:29:33pm

Jan 05, 2024 9:29:33pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Introducing-Psychotherapy-Graphic-Guide-ebook/dp/B00URQVP2Y/ref=mp\\_s\\_a\\_1\\_1?crd=3PEYO6JSBMAYP&keywords=introducing+psychotherapy&qid=1704482720&srefix=imroducing+psychotherapy%2Caps%2C204&sr=8-1](https://www.amazon.co.uk/Introducing-Psychotherapy-Graphic-Guide-ebook/dp/B00URQVP2Y/ref=mp_s_a_1_1?crd=3PEYO6JSBMAYP&keywords=introducing+psychotherapy&qid=1704482720&srefix=imroducing+psychotherapy%2Caps%2C204&sr=8-1)

Updated Jan 05, 2024 9:25:50pm

Jan 05, 2024 9:25:50pm

**Solon Papageorgiou shared a link.**

[https://www.amazon.co.uk/Degree-Book-Psychology-Alan-Porter/dp/1788286219/ref=mp\\_s\\_a\\_1\\_1?crd=81158LGWSHJT&keywords=psychology+degree+in+a+book&qid=1704482666&srefix=psychology+degree+in+a+book%2Caps%2C193&sr=8-1](https://www.amazon.co.uk/Degree-Book-Psychology-Alan-Porter/dp/1788286219/ref=mp_s_a_1_1?crd=81158LGWSHJT&keywords=psychology+degree+in+a+book&qid=1704482666&srefix=psychology+degree+in+a+book%2Caps%2C193&sr=8-1)

Updated Jan 05, 2024 9:24:49pm

Jan 05, 2024 9:24:49pm

Some possible outcomes of playing Portal 2 may be the enhancement of rule application skills and the reduction in functional fixedness (i.e., the enhancement of cognitive flexibility, as measured by insight problems).

Jan 05, 2024 9:21:04pm

**Solon Papageorgiou shared a link.**

<https://www.simbans.com/products/picasso-portable-drawing>

Updated Jan 05, 2024 9:15:59pm

Jan 05, 2024 9:15:59pm

**Solon Papageorgiou shared a link.**

[https://remarkable.com/?gad\\_source=1&gclid=CjwKCAiA7t6sBhAiEiwAsaieYqOSbBWphD15YV9V30YwY6KZcHpo3qeJtdU6wII6BDMbizW\\_NrXb-hoCx-kQAvD\\_BwE](https://remarkable.com/?gad_source=1&gclid=CjwKCAiA7t6sBhAiEiwAsaieYqOSbBWphD15YV9V30YwY6KZcHpo3qeJtdU6wII6BDMbizW_NrXb-hoCx-kQAvD_BwE)

Updated Jan 05, 2024 9:14:42pm

Jan 05, 2024 9:14:42pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.brakefield.painter>

Updated Jan 05, 2024 9:13:48pm

Jan 05, 2024 9:13:48pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=tech.ula.inkscape>

Updated Jan 05, 2024 9:13:16pm

Jan 05, 2024 9:13:16pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=tech.ula.gimp>

Updated Jan 05, 2024 9:12:32pm

Jan 05, 2024 9:12:32pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.imageline.FLM>

Updated Jan 05, 2024 9:11:52pm

Jan 05, 2024 9:11:52pm

**Solon Papageorgiou shared a link.**

<https://www.microsoft.com/en-us/microsoft-365/onedrive/online-cloud-storage>

Updated Jan 05, 2024 9:10:31pm

Jan 05, 2024 9:10:31pm

Turn on Handwriting

On your Android phone or tablet, open any app that you can type in, like Gmail or Keep.

Tap where you can enter text. ...

At the top left of the keyboard, tap Open features menu .

Tap Settings . ...  
Tap Languages. ...  
Swipe right and turn on the Handwriting layout. ...  
Tap Done.

Jan 05, 2024 9:08:58pm

**Solon Papageorgiou shared a link.**

<https://support.google.com/accessibility/android/answer/6151848?hl=en>

Updated Jan 05, 2024 9:07:53pm

Jan 05, 2024 9:07:53pm

The main difference between classical and operant conditioning is that classical conditioning involves associating an involuntary response and a stimulus, while operant conditioning is about associating a voluntary behavior and a consequence.

Jan 05, 2024 9:05:35pm

Suggestion is the psychological process by which a person guides their own or another person's desired thoughts, feelings, and behaviors by presenting stimuli that may elicit them as reflexes instead of relying on conscious effort.

Jan 05, 2024 9:03:23pm

You can find past cases on the Internet, Google it and videorecorded trials on YouTube.

Jan 05, 2024 9:00:53pm

**Solon Papageorgiou shared a link.**

<https://www.justanswer.co.uk/sip/law>

Updated Jan 05, 2024 8:58:25pm

Jan 05, 2024 8:58:25pm

**Solon Papageorgiou shared a link.**

<https://doctorgohari.com/>

Updated Jan 05, 2024 8:57:41pm

Jan 05, 2024 8:57:41pm

**Solon Papageorgiou shared a link.**

<https://www.studocu.com/en-us>

Updated Jan 05, 2024 8:56:58pm

Jan 05, 2024 8:56:58pm

**Solon Papageorgiou shared a link.**

<https://www.medstudentnotes.com/products/all-of-our-notes-in-one-bundle>

Updated Jan 05, 2024 8:56:28pm

Jan 05, 2024 8:56:28pm

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Updated Jan 05, 2024 8:55:42pm

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Updated Jan 05, 2024 8:54:57pm

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Updated Jan 05, 2024 8:54:30pm

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Updated Jan 05, 2024 8:54:06pm

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Updated Jan 05, 2024 8:52:55pm

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Updated Jan 05, 2024 8:51:39pm

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Updated Jan 05, 2024 8:51:07pm

Jan 05, 2024 8:51:07pm

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Updated Jan 05, 2024 8:50:30pm

Jan 05, 2024 8:50:30pm

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<https://play.google.com/store/apps/details?id=net.tandem>

Updated Jan 05, 2024 8:49:10pm

Jan 05, 2024 8:49:10pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/live/lyGz1AYQMhM?si=yISd1K7-GKgdVRh1>

Updated Jan 05, 2024 8:42:11pm

Jan 05, 2024 8:42:11pm

Buy a Microsoft Surface Go 3 tablet and a Bluetooth keyboard and a Bluetooth mouse and now you have both a tablet and a laptop. It will last 10 years, because it does not have a fan.

Jan 05, 2024 8:37:39pm

**Solon Papageorgiou shared a link.**

<https://www.codecademy.com/>

Updated Jan 05, 2024 8:31:26pm

Jan 05, 2024 8:31:26pm

The four questions you answer in your pitch can be reinterpreted into a wide range of other useful questions.

Imagine you're being profiled by a magazine, and the interviewer asks, "Who are you?" If you interpret the question narrowly, you might just say your name – a pretty boring response. But if you interpret it broadly, you might describe your personality, talk about your values or offer a concise version of your life story – potentially a lot more interesting.

The same lesson applies to the questions you're answering in your pitch. To get the most bang for your buck with them, you need to be creative with the way you interpret them. And that means reinterpreting them into other, closely related questions that fit the thing you're pitching and the audience you're addressing.

For example, consider the first question: What is it? You should now consider related questions your audience might

have about the nature of what you're pitching. If it's a service, they might want you to explain what problems it solves, who it can help or what makes it unique. If it's a business venture, they might ask about the potential payoff, or why this is a good time to pursue it.

In the same vein, the question "How does it work?" should lead you to anticipate other questions about how you'll deliver on what you're promising. For example, if you're pitching a project, how long will it take? How will you accomplish it? What resources do you have at your disposal?

Likewise, the question "Are you sure?" encompasses any concerns your audience might have about whether you can back up your claims. For example, if you said your service was the best in the industry, what do your reviews say about it? What kind of stats do you have?

Finally, the question "Can you do it?" relates more broadly to your ability to deliver on your promises. For instance, if you claim you're the right person to lead a project, your audience might want to know about your training and background. They may also ask how you've dealt with similar challenges in the past.

So that's how to think outside the box when you're interpreting the four main questions you're answering in your pitch. In the next blink, we'll look at how to be creative with your answers.

Jan 05, 2024 8:25:55pm

## Final summary

The key message in these blinks:

To persuade a skeptical, savvy and impatient modern audience, your pitch needs to be under three minutes. To create a persuasive pitch that fits into that time frame, it needs to consist of about 25 sentences that answer the following questions: What is it? How does it work? Are you sure? And can you do it? To maximize the impact of your pitch, you then need to make sure it has an opening, a callback, an "all is lost" moment, a hook and an edge.

Actionable advice:

Put it all together.

If you follow the instructions in these blinks, you'll have all the elements you need for your three-minute pitch. But how do you put them all together into a final pitch? Here's the order that Brant suggests. Obviously, you start with your opening. Then you convey the basic concept of it by answering the questions "What is it?", "How does it work?" and "Are you sure?" Then comes your "all is lost" moment. Follow that up by delivering your hook and your edge. Then do a callback. Finally, close your pitch with your answer to the question "Can you do it?" Keep in mind that some of these elements may go hand-in-hand with each other. For example, in Brant's pitch for Bar Rescue, Jon Taffer introducing the "butt funnel" was the edge, and the fact that it illustrated Taffer's expertise was the callback.

Jan 05, 2024 8:25:07pm

Your opening needs a callback.

When did you start to believe you had a winning idea, product, service, or company on your hands? And when did you become convinced that your belief was correct?

The answer to the first question provides the opening to your pitch, where you tell your audience about your reason for being. The answer to the second question provides your pitch with the next element that's going to push it over the top: the callback. This is a moment in your pitch where you return to your opening and tell an anecdote that helps to illustrate and confirm your reason for being.

To see how this works, let's go back to the example of Brant's pitch for Bar Rescue. Remember, he opened with the idea that Jon Taffer, the would-be host of the show, was a man with a winning combination: a huge personality and a deep well of professional expertise. After describing Taffer and the premise for the show, Brant called back to his opening and drove it home with a simple but memorable anecdote.

Here's the story: one day, Taffer was showing Brant a blueprint for a bar he was designing, and he pointed out

something called a “butt funnel.” Of course, with a name like that, Brant had to know more, so he asked what it was. It turns out a butt funnel is an area of a bar where a corridor becomes so narrow that patrons have to rub their butts against each other to scoot by.

When they’re designing a bar, experts like Taffer think about how the patrons’ foot traffic will flow through the floor space, and they purposefully build a butt funnel into it. Why? Because it will boost the patrons’ endorphins and foster a friendly, intimate and sexually charged atmosphere. And all of that lends itself to people buying more drinks.

By the time Taffer finished explaining all of this, Brant was convinced: here was a man who knew his industry.

So what was the moment you became convinced you were onto something? When did your belief turn into a conviction? It might not involve as catchy a name as a “butt funnel,” but if you dig through your memories, you should be able to find a quick and compelling anecdote to tell your audience.

Jan 05, 2024 8:23:17pm

Your pitch needs an opening.

At this point, you should have 25 sentences, packed full of valuable information about the thing you’re pitching. If you were to put them in a logical order and read them out, you’d already have a serviceable three-minute pitch. But to bring your pitch to life and maximize its impact, there are a few more elements you need to have in place.

The first one is your opening. To start your pitch, you should begin by telling your audience about your reason for being. This is the story of how and why you became interested, invested or involved in the idea, product, service or company you’re pitching to them. Now, you can’t tell the entire story; you’re just looking for a sentence or two here. With that in mind, try to remember your “aha” moment – the moment everything clicked and you realized you were onto something with whatever it is you’re pitching.

For an example of how to turn an “aha” moment into an opening, let’s look at the pitch that Brant made for the TV show Bar Rescue. In case you’re not familiar with it, Bar Rescue is a hit reality TV show in which the host, Jon Taffer, helps to turn around bars and nightclubs that are failing.

Brant’s “aha” moment occurred when he realized something about Taffer: he’s a man with a huge, over-the-top personality – but he also has a lot of expertise in his field. He wasn’t just a character; he was also a longtime business owner and consultant in the food and beverage industry. It was this winning combination of personality and depth that modern audiences craved. And it was this same combination that led to the success of celebrities like Simon Cowell and Gordon Ramsay.

So Brant talked about this in his opening. He simply walked into the room and said, “Hello, everyone, I’m here because I found you a talent with a big personality, but also a lot of depth.” He then proceeded with his pitch, describing Taffer in more detail and laying out the premise of the show that would be built around him.

So that was Brant’s opening. If you need more help with figuring out your own “aha” moment, here are some questions to get you started: What makes you excited about the thing you’re pitching? When did you discover it? And what surprised you when you started looking into it?

Jan 05, 2024 8:22:35pm

Preempt your audience’s skepticism by acknowledging the elephant in the room.

You know that moment in a movie when the protagonists seem to be on the edge of defeat? It’s called an “all is lost” moment. Inspired by Brant’s experience in Hollywood, it’s also the name of the next element that will help you take your pitch to the next level.

To create your own “all is lost” moment, you simply tell your audience about a problem that jeopardized – or continues to jeopardize – the viability of the thing you’re pitching. Then, you tell your audience the way you overcame or plan on overcoming the problem. For example, if you were pitching an app, you might talk about a major technical issue you encountered during your development phase, and then you’d talk about how you resolved it.



The rationale here is that your audience wasn't born yesterday. They know that every major human endeavor faces challenges and setbacks, and they know that the road to success is a bumpy one. If you tell them that everything has been and will be hunky-dory with the thing you're pitching, they'll be skeptical. They'll start looking for problems. That means they're going to be approaching your pitch from a critical standpoint, rather than a receptive one. It also means they're no longer going to be fully listening to you; they'll be drifting off into their own thoughts, wondering what you're not telling them.

At the same time, you're also going to lose credibility with your audience, since it'll seem like you're trying to hide something from them. By the time you're done with your presentation, they might even feel resentful toward you. Meanwhile, they'll have thought of some problems on their own, and now you'll be in real trouble. They're going to ask you questions in a combative spirit, and they'll be suspicious and critical of your answers.

So why not preempt all of this by admitting a problem upfront? The advantages are numerous. You set your audience's skeptical tendencies at ease. You nip their criticality in the bud. You make yourself seem credible. You secure their attention. You focus them on a problem you already have a solution for. And you thus transform the problem from a potential liability into an advantage. After all, the alternative is to wait until they ask about it – and by then, you'll have already turned them against you.

To maximize the impact of this element of your pitch, ask yourself the following questions: What problem are you most hoping your audience won't see? What question are you most fearing they will ask?

Make that your "all is lost" moment. Get ahead of it; don't let it come back to bite you.

Jan 05, 2024 8:21:22pm

Calorie restriction means reducing average daily caloric intake below what is typical or habitual, without malnutrition or deprivation of essential nutrients.

Jan 05, 2024 8:09:02pm

From Wikipedia, the free encyclopedia

The Big Five personality traits

The Big Five personality traits, sometimes known as "the Five-Factor model of personality", is a grouping of five unique characteristics used to study personality. It has been developed from the 1980s onward in psychological trait theory.

Starting in the 1990s, the theory identified five factors and ten values. Each of the five factors is broken up comparatively with two of the identified values. These factors and values are as follows:

conscientiousness (efficient/organized vs. extravagant/careless)

agreeableness (friendly/compassionate vs. critical/rational)

neuroticism (sensitive/nervous vs. resilient/confident)

openness to experience (inventive/curious vs. consistent/cautious)

extraversion (outgoing/energetic vs. solitary/reserved)

When factor analysis is applied to personality survey data, it reveals semantic associations: some words used to describe aspects of personality are often applied to the same person. For example, someone described as conscientious is more likely to be described as "always prepared" rather than "messy". These associations suggest five broad dimensions used in common language to describe the human personality, temperament, and psyche.

Those labels for the five factors may be remembered using the acronyms "OCEAN" or "CANOE". Beneath each proposed global factor, there are a number of correlated and more specific primary factors. For example, extraversion is typically associated with qualities such as gregariousness, assertiveness, excitement-seeking, warmth, activity, and positive emotions. These traits are not black and white, but rather placed on continua.

Jan 05, 2024 8:06:56pm

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<https://play.google.com/store/apps/details?id=org.wikipedia>

Updated Jan 05, 2024 7:58:14pm

Jan 05, 2024 7:58:14pm

**Solon Papageorgiou shared a link.**

<https://play.google.com/store/apps/details?id=com.wordreference>

Updated Jan 05, 2024 7:57:24pm

Jan 05, 2024 7:57:24pm

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Updated Jan 05, 2024 7:56:39pm

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<https://play.google.com/store/apps/details?id=com.sixtostart.zombiesrunclient>

Updated Jan 05, 2024 7:54:38pm

Jan 05, 2024 7:54:38pm

Our basic emotions include sadness, happiness, fear, anger, surprise and disgust. Everything else derives from them.

Jan 05, 2024 7:49:56pm

**Solon Papageorgiou shared a profile.**

<https://www.facebook.com/EarthlingoGame/>

Updated Jan 05, 2024 7:48:33pm

Jan 05, 2024 7:48:33pm

**Solon Papageorgiou shared a link.**

<https://playinfluent.com/>

<https://playinfluent.com/>

Updated Jan 05, 2024 7:47:49pm

Jan 05, 2024 7:47:49pm

Timeline photos

Jan 05, 2024 7:46:08pm

Timeline photos

Jan 05, 2024 7:45:00pm

The five stages of psychosexual development include:

Oral stage: Between infancy and two years old.

Anal stage: Between 15 months and three years old.

Phallic stage: Between three and six years old.

Latency stage: Between six years old and puberty.

Genital stage: Between puberty and death.

Jan 05, 2024 7:43:41pm

Get Netflix, select the language you want to learn as audio and your language as subtitles. Voila! Fun Learning!

Jan 05, 2024 7:40:32pm

**Solon Papageorgiou shared a link.**

<https://www.skillsyouneed.com/>

<https://www.skillsyouneed.com/>

Updated Jan 05, 2024 7:39:36pm

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[scribd.com](https://www.scribd.com)

Jan 05, 2024 7:38:49pm

[Babbel.com](https://www.babbel.com)

Jan 05, 2024 7:29:27pm

[quora.com](https://www.quora.com)

Jan 05, 2024 7:29:02pm

[udemy.com](https://www.udemy.com)

Jan 05, 2024 7:28:35pm

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Updated Jan 05, 2024 7:26:28pm

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[translate.google.com](https://translate.google.com)

Jan 05, 2024 7:25:28pm

**Solon Papageorgiou shared a link.**

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Updated Jan 05, 2024 7:22:05pm

Jan 05, 2024 7:22:05pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=MHn8SnqLb68&si=VkUt0rLSSwFY8EK7>

Updated Jan 05, 2024 7:11:37pm

Jan 05, 2024 7:11:37pm

#### 8. They Don't Make the Same Mistakes Over and Over

They accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.

#### 9. They Don't Resent Other People's Success

Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.

#### 10. They Don't Give Up After the First Failure

They don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.

#### 11. They Don't Fear Alone Time

Mentally strong people can tolerate being alone and they don't fear silence. They aren't afraid to be alone with their thoughts and they can use downtime to be productive. They enjoy their own company and aren't dependent on others for companionship and entertainment all the time but instead can be happy alone.

#### 12. They Don't Feel the World Owes Them Anything

They don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.

#### 13. They Don't Expect Immediate Results

Whether they are working on improving their health or getting a new business off the ground, mentally strong

people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time.

Jan 05, 2024 7:07:20pm

Amy Morin, LCSW

## 13 Things Mentally Strong People Don't Do

~by Amy Morin, LCSW

Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life. Check out these things that mentally strong people don't do so that you too can become more mentally strong.

### 1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair.

### 2. They Don't Give Away Their Power

They don't allow others to control them, and they don't give someone else power over them. They don't say things like, "My boss makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.

### 3. They Don't Shy Away from Change

Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.

### 4. They Don't Waste Energy on Things They Can't Control

You won't hear a mentally strong person complaining over lost luggage or traffic jams. Instead, they focus on what they can control in their lives. They recognize that sometimes, the only thing they can control is their attitude.

### 5. They Don't Worry About Pleasing Everyone

Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.

### 6. They Don't Fear Taking Calculated Risks

They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.

### 7. They Don't Dwell on the Past

Mentally strong people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live for the present and plan for the future.

Jan 05, 2024 7:06:25pm

**Solon Papageorgiou shared a link.**

<https://changingminds.org/principles/principles.htm>

## Persuasion principles

### PART 2

Investment: If I have invested in something, I do not want to waste that investment.

Involvement: Action leads to commitment.

Logic: What makes sense must be true.

Objectivity: Standing back decreases emotion and increases logic.

Obligation: Creating a duty that must be discharged.

Ownership: I am committed to that which I own.

Passion: Enthusiasm is catching.

Peer Pressure: We do what we think others want us to do.

Perception: Perception is reality. So manage it.

Persistence: In all things, persistence pays.

Pleading: Asking with attitude.

Positivity: Use positive methods.

Priming: Prior informational influence.

Pull: Create attraction that pulls people in.

Push: I give you no option but to obey.

Repetition: If something happens often enough, I will eventually be persuaded.

Scarcity: I want now what I may not be able to get in the future.

Similarity: We trust people who are like us or who are similar to people we like.

Simplicity: Simple means easy to understand and agree.

Social Compliance: The pressure to conform.

Social Proof: When uncertain we take cues other people.

Specificity: People fill in the gaps in vague statements.

Substitution: Put them into the story.

Surprise: When what happens is not what I expect, I must rethink my understanding.

Tension: I will act to reduce the tension gaps I feel.

Threat: If my deep needs are threatened, I will act to protect them.

Trust: If I trust you, I will accept your truth and expose my vulnerabilities.

Uncertainty: When I am not sure, I will seek to become more certain.

Understanding: If I understand you, then I can interact more accurately with you.

Unthinking: Go by the subconscious route.

<https://changingminds.org/principles/principles.htm>

Updated Jan 05, 2024 7:02:28pm

Jan 05, 2024 7:02:28pm

**Solon Papageorgiou shared a link.**

<https://changingminds.org/principles/principles.htm>

Persuasion principles

Much of persuasion and other forms of changing minds is based on a relatively small number of principles. If you can understand the principles, then you can invent your own techniques. It thus makes sense to spend time to understand these principles (persuaded yet?).

Alignment: When everything lines up, there are no contradictions to cause disagreement.

Amplification: Make the important bits bigger and other bits smaller.

Appeal: If asked nicely, we will follow the rules we have made for ourselves.

Arousal: When I am aroused I am full engaged and hence more likely to pay attention.

Association: Our thoughts are connected. Think one thing and the next is automatic.

Assumption: Acting as if something is true often makes it true.

Attention: Make sure they are listening before you try to sell them something.

Authority: Use your authority and others will obey.

Bonding: I will usually do what my friends ask of me, without negotiation.

Closure: Close the door of thinking and the deal is done.

Completion: We need to complete that which is started.

Confidence: If I am confident, then you can be confident.

Conformance: People are driven to obey rules.

Confusion: A drowning person will clutch at a straw. So will a confused one.

Consistency: We like to maintain consistency between what we think, say and do.

Contrast: We notice and decide by difference between two things, not absolute measures.

Daring: If you dare me to do something, I daren't not do it.

Deception: Convincing by trickery.

Dependence: If you are dependent on me, I can use this as a lever to persuade you.

Distraction: If I distract your attention, I can then slip around your guard.

Easy: I like things which are easy (and not things which are difficult).

Evidence: I cannot deny what I see with my own eyes.

Exchange: if I do something for you, then you are obliged to do something for me.

Experience: I cannot deny what I experience for myself.

Fragmentation: Break up the problem into agreeable parts.

Framing: Meaning depends on context. So control the context.

Harmony: Go with the flow to build trust and create subtle shifts.

Hurt and Rescue: Make them uncomfortable then throw them a rope.

Interest: If I am interested then I will pay attention.

Interruption: Break the flow.

Investment: If I have invested in something, I do not want to waste that investment.

Involvement: Action leads to commitment.

Logic: What makes sense must be true.

Objectivity: Standing back decreases emotion and increases logic.

Obligation: Creating a duty that must be discharged.

Ownership: I am committed to that which I own.

Passion: Enthusiasm is catching.

Peer Pressure: We do what we think others want us to do.

Perception: Perception is reality. So manage it.

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Repetition: If something happens often enough, I will eventually be persuaded.

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Understanding: If I understand you, then I can interact more accurately with you.

Unthinking: Go by the subconscious route.

<https://changingminds.org/principles/principles.htm>

Updated Jan 05, 2024 7:00:30pm

Jan 05, 2024 7:00:30pm

Did I mention that exercise and healthy nutrition turns you into a sex beast?

Jan 05, 2024 6:55:14pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=vWz9VN40nCA&si=oow2dXiqXeTOVWZQ>

Updated Jan 05, 2024 6:43:22pm

Jan 05, 2024 6:43:22pm

And music Motivates Us, for instance to exercise, as well it cheers us up when we are feeling low.

Jan 05, 2024 6:41:40pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=oHk1MLVEM-E>

Updated Jan 05, 2024 6:37:33pm

Jan 05, 2024 6:37:33pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=rXOL-jXRUIs&si=nBIPqfFC\\_Z6SsVS](https://youtube.com/watch?v=rXOL-jXRUIs&si=nBIPqfFC_Z6SsVS)

Updated Jan 05, 2024 6:34:00pm

Jan 05, 2024 6:34:00pm

Here's a cool secret, quit smoking before the age of 35 and you will never get sick from smoking!

Quit before the age of 41 and you won't get most diseases caused by smoking!

Jan 05, 2024 6:08:53pm

## How to develop empathy

If you ever feel like you're lacking empathy for someone, you can try empathy exercises such as Just Like Me and Loving Kindness.

Just Like Me asks you to imagine yourself in the other person's shoes and come to understand that they wish to be happy and loved, just like you.

The second exercise in empathy, Loving Kindness, requires you to meditate and have positive wishes for the other person. Wishing the best for somebody else will enhance your capacity for empathy and improve your relationship with them.

Jan 05, 2024 6:04:55pm

## What Motivates Us

The dictionary defines motivation as a stimulus, or influence, incentive, inspiration, inducement, incitement, spur, or reason. In the context of the workplace it can be viewed as "Internal and external factors that stimulate desire and energy in people to be continually interested and committed to a job, role or subject, or to make an effort to attain a goal. Motivation results from the interaction of both conscious and unconscious factors such as the (1) intensity of desire or need, (2) incentive or reward value of the goal, and (3) expectations of the individual and of his or her peers."



Jan 05, 2024 6:02:58pm

What dominates any conflict in a relationship, the so-called Four Horsemen of the Apocalypse:  
contempt  
criticism  
defensiveness  
stonewalling

Jan 05, 2024 5:59:07pm

By 2050 risk of flooding doubles. We should move fast. We are running out of time. This is truly our last chance.

Jan 05, 2024 5:48:14pm

We can avoid the worst effects of climate change and the odds are particularly favorable for small island states such as Cyprus and Tuvalu.

Jan 05, 2024 5:36:08pm

Did I mention we'll plant lots of trees? To remove the CO2 from the atmosphere.

Jan 05, 2024 5:23:44pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=e6TRddSXkas>

Updated Jan 05, 2024 4:26:58pm

Jan 05, 2024 4:26:58pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=DF5emO1X0HA>

Updated Jan 05, 2024 4:19:49pm

Jan 05, 2024 4:19:49pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=qap9Qm-Q894>

Updated Jan 05, 2024 4:14:01pm

Jan 05, 2024 4:14:01pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=skWKV8VzLUA&si=4grcurYBn9tu\\_JVb](https://youtube.com/watch?v=skWKV8VzLUA&si=4grcurYBn9tu_JVb)

Updated Jan 05, 2024 3:59:14pm

Jan 05, 2024 3:59:14pm

Now, type 'Psychodynamic Therapy - Detailed Breakdown Of Each Step' in your favorite AI engine to get a description of each of the steps of psychodynamic therapy!

Jan 05, 2024 3:11:48pm

**Solon Papageorgiou shared a link.**

[https://youtube.com/watch?v=syuSc3ZUy4Y&si=zy-LG\\_aO9YBuo0Um](https://youtube.com/watch?v=syuSc3ZUy4Y&si=zy-LG_aO9YBuo0Um)

Updated Jan 05, 2024 2:19:32pm

Jan 05, 2024 2:19:32pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=nvFm30ZAZRY&si=kQ0kBlwQbHmlB0u>

Updated Jan 05, 2024 2:17:49pm

Jan 05, 2024 2:17:49pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=tEmt1Znux58&si=Z8Bjodvp9d6uHaaT>

Updated Jan 05, 2024 2:12:54pm

Jan 05, 2024 2:12:54pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=kdLTOurs2IA&si=WdVHKR1zI4TaFhNx>

Updated Jan 05, 2024 2:11:18pm

Jan 05, 2024 2:11:18pm

A body-scan exercise can help you focus and relax

Start by finding a comfortable position to sit in and spend two minutes breathing, with your eyes closed. Then go through each part of your body, one by one, really focusing on the sensations you find on your head, face, neck, back, front and shoulders. Can you also feel an emotion in your body? Next, bring to mind a positive emotion by recalling a pleasant event. Then try to locate where in the body you feel it. Finally, spend two minutes breathing naturally and come back to the present moment.

Body scanning is valuable as it allows you to focus on your physical sensations much more than in everyday life, and it also relaxes you, which can help you fall asleep.

Jan 05, 2024 2:05:42pm

MIndful meditation, or just mindfulness improves our concentration by training both our attention and meta attention.

Attention, as defined by the late nineteenth-century psychologist William James, is "taking possession by the mind, in clear and vivid form."

Conversely, meta attention is "attention of attention." It's your ability to realize when you're paying attention, or when your attention has wavered.

When your meta attention is trained well, you can perform a micro-recovery every time you begin to lose focus, bringing your attention back to the task at hand. Doing this often enough will lead to long periods of deep concentration.

Jan 05, 2024 1:59:59pm

How to do mindful mediation

To get started with mindfulness meditation, find a comfortable sitting position where you feel relaxed and alert at the same time. Start by taking three slow, deep breaths and then begin to breathe naturally. Now focus your attention on your breath. This can mean observing, for example, the rise and fall of your abdomen or the sensation in your nostrils. Whenever you find your attention has drifted, gently bring it back to your breath. You can do this for ten minutes or however much time feels right to you.

Jan 05, 2024 1:57:51pm

Now, we'll learn a few tricks of the trade!

CBT, psychodynamic therapy and musictherapy.

Type 'CBT in simple steps', 'psychodynamic therapy in simple steps' and 'music therapy in steps' in your favorite Artificial Intelligence engine!

That's it!

Jan 05, 2024 1:55:35pm

All are precious. What if only two people remain on Earth? You can't exclude anyone.

Jan 05, 2024 1:02:01pm

Most people are ruthless. But there good people too. Saving even just one is enough. Even one person worths as the whole population of earth.

Jan 05, 2024 12:01:18pm

You got it wrong. Reproduction is a superior need to survival.

Otherwise, life wouldn't even bother to exist.

Jan 05, 2024 8:46:39am

I am absolutely fearless, I never give up and never lose hope and faith in humanity.

Jan 05, 2024 8:27:37am

Τι να τον κάνεις έναν κόσμο όπου θα καταστραφούν τα πάντα; Αντίθετα, διάλεξε τα πάντα, είναι πανεύκολο!

Διάλεξε την Ατλαντίδα με τις Αμαζόνες και τον κόσμο όλο!

Jan 05, 2024 6:24:14am

So, basically we'll run on renewable energy from now on. We won't burn coal, gas or gasoline ever again.

Jan 05, 2024 3:12:16am

**Solon Papageorgiou shared a link.**

<https://media1.giphy.com/media/v1.Y2lkPTk5OWFjZWJdngyMHImc2ZjZzFxbG5oY21jMGoxMmF3aTZ1ZDd5M2M5eHh0ZXdhcCZlC12MV9naWZzX3NIYXJjaCZjdD1n/loVEJGOc0KEpiPBtjl/giphy.gif>

Επειδή θα τελειώσουν όλα αν δεν κάνουμε τίποτα, αλλάζουν τα δεδομένα. Είναι πολύ πιο πιθανό ότι θα θέλουν όλοι να βοηθήσουν και να συνεργαστούν. Λίγο μπλαμπλά θέλει μόνο, να το πείς και στους φίλους σου και αυτούς στους δικούς τους και σύντομα θα το ξέρει όλος ο πλανήτης. Δεν κοστίζει τίποτα, λίγο μπλαμπλά και θα φτιάξουμε την Ατλαντίδα με τις Αμαζόνες, την Νέα Κύπρο και θα σώσουμε και τον κόσμο! 🌸🌸🌸💖💖  
Updated Jan 05, 2024 2:23:46am

Jan 05, 2024 12:58:50am

If we don't try, eventually everything as we know it may descent into chaos.

Jan 05, 2024 12:44:13am

Να δώσουμε μια ελπίδα, μια ελπίδα παντού.

Jan 05, 2024 12:12:34am

Εγώ λέω να το παλέψουμε. Να φτιάξουμε την Ατλαντίδα μες τις Αμαζόνες 🌸 και αν δεν σώσουμε τον κόσμο, τουλάχιστον να ζήσουμε ευτυχισμένα όσο μπορούμε και όσο μπορούν οι επόμενες γενιές.

Jan 05, 2024 12:06:42am

Solon Papageorgiou shared a link.

<https://climateclock.world/>

With the level of climate action you chose (low investment; with small speed of action), the model suggests that average global surface temperature would likely reach 3-4°C by 2100 with catastrophic (and permanent) impacts on humanity and the biosphere, including: floods, droughts, mass extinctions, permanently uninhabitable regions, billions of climate refugees, and 100s of millions dead. Civilization as we know it will no longer be possible.. If we shift our priorities now, we can change the future. Model derived from peer-reviewed science, including: IPCC 2018 special report on the impacts of global warming of 1.5 °C; and "Emissions – the 'business as usual' story is misleading" in Nature, Issue 577, 618-620 (2020); Zeke Hausfather & Glen P. Peters.

Timeline: 5 years 198 days Time Left to Limit Global Warming to 1.5C

<https://climateclock.world/>

Updated Jan 04, 2024 11:51:35pm

Jan 04, 2024 11:51:35pm

Πως έχει η κατάσταση. Προσπαθούν να εξοντώσουν όποιους λαούς μπορούν. Θεωρώ ό,τι ακολουθεί Παγκόσμιος. Έχουμε κλιματική αλλαγή και αν δεν κάνουμε κάτι, θα έρθει το τέλος μας, αργά ή γρήγορα. Δεν έψαξα να δω πόσο γρήγορα είναι αυτό το γρήγορα. Εγώ λέω να κάνουμε τη διαφορά, να φτιάξουμε την Ατλαντίδα και τις Αμαζόνες και να δώσουμε το καλό παράδειγμα.

Jan 04, 2024 11:40:28pm

Is it possible to reverse the climate change?

While the effects of human activities on Earth's climate to date are irreversible on the timescale of humans alive today, every little bit of avoided future temperature increases results in less warming that would otherwise persist for essentially forever.

Jan 04, 2024 11:34:07pm

Δεν πάει καλά ο καιρός. Χθες το μεσημέρι έκανε ζέστη και φορούσα καλοκαιρινά και το βραδάκι μπουφάν και έτρεμα. Τρελάθηκε ο καιρός. Και είναι αρχές Ιανουαρίου.

Jan 04, 2024 11:24:31pm

Let's evolve this world! For us and our children!

Jan 04, 2024 10:49:56pm

In fact some medicine have little to some effect to a few or at best some people at that effect is short-lived.

But they may ruin your health. And they are very addictive. Takes centuries to withdraw.

Jan 04, 2024 10:41:23pm

And this is something that is likely not taught in the schools. Greek Cypriots committed genocide against the poor Turkish Cypriots in the '60s.

Jan 04, 2024 10:18:04pm

There once was a disease called Drapetomania. If you were slave and wanted to escape, you were mentally ill. The same with gays.

Jan 04, 2024 10:05:55pm

Just by telling your problems to someone trusted or writing them on a diary heals your so called mental disorders.

Jan 04, 2024 10:00:06pm

Atlantis and the Amazons is fun living!

Jan 04, 2024 9:34:31pm

This will blow your mind. Certain foods and exercising significantly decrease cholesterol, blood pressure and blood glucose.

Sugar, animal fat and salt are your enemies. Sugar-like alternatives count as Sugar.

Jan 04, 2024 9:23:29pm

Welcome to an Era, where stress is a thing of the past!

Jan 04, 2024 9:19:24pm

If you learn the cognitive distortions and the defense mechanisms, you'll see a reality without 'errors'.

Jan 04, 2024 9:17:46pm

You don't need Valium. You just need petting pets, drinking chamomile teas, a cheap cordless massage tiny machine and exercise.

Jan 04, 2024 9:08:44pm

Brain training games and language learning correct cognitive deficits. Exercise does that too.

Jan 04, 2024 9:01:24pm

A good, supportive environment heals from the so called mental illnesses, as well as singing and listening to beautiful music and drawing or painting.

Jan 04, 2024 8:58:24pm

This will blow your mind. Positive psychology or else morals, convey strong protection against the so called mental illnesses.

Jan 04, 2024 8:56:53pm

La fórmula exacta de la realidad!♡♡♡

Jan 04, 2024 8:51:55pm

How about never getting tired? Both physically and mentally? Eat well, sleep well, drink lots of water and do even more exercising. I like the humble walking.

Jan 04, 2024 8:42:15pm

For phenomenal concentration and stress reduction that lasts, try mindfulness meditation and exercising.

Jan 04, 2024 8:36:23pm

Also, if you want to become super intelligent, increase your crystallised knowledge, which is the accumulated knowledge a person can retain. So, read or watch videos (200 minutes = 200 pages = 1 book, lots of fun watching it!), but if you like, read fundamental material, not a lot of detail, you can figure out the rest by yourself.

Jan 04, 2024 8:24:32pm

Try getting adequate sleep, eating lots of fish and socialising, too! That will make you smarter!

Jan 04, 2024 8:20:16pm

Also, you increase learning by means of exercising and water intake and brain fitness by eating green veggies, how's that?

Jan 04, 2024 8:18:56pm

And here is a little secret. Intelligence is not static, but evolves and increases by the influences of the environment. Nobody is stupid.

Jan 04, 2024 8:02:25pm

My suggestion is get a small student loan, the terms are good and get education, earn more money and buy the businesses of the rich. In the process, you may need to press for privatization of the public sector and then buy those businesses too.

Jan 04, 2024 6:48:34pm

Next step is me selling my \*\*\*. That's not gonna happen.

Jan 04, 2024 6:19:27pm

Think about it. People buy themselves basically and in the process they build a better governmental machine and semi governmental organisations. Who knows, maybe we'll strike a good deal with the top richest people!!!

Jan 04, 2024 6:15:44pm

The economy, the old democracy etc. are not disrupted. Everybody is happy. The twist is that the poorer must work harder, learn more and buy the resources and businesses in the island from the owners. They won't lose their lives, just money - it's just money.

Jan 04, 2024 6:01:35pm

Atlantis and the Amazons is feasible.



Jan 04, 2024 5:22:40pm

Although initially, there will be democratic socialism, in the distant future all businesses and resources will be socially owned (we will buy them from the owners), but we'll still have international trade and tourism.

Jan 04, 2024 4:59:36pm

We can invest the money that will come from the stronger trade and tourism to our education, arts and letters, sports, hospitals and other needs and donate money back abroad to needy areas.

Jan 04, 2024 4:43:32pm

Θα σας εξηγήσω ποιο είναι το πρόβλημα με τα λεφτά. Εξαγοράσουν πολλαπλές φορές την αξιοπρέπεια. Αξίζει ένας μήνας αξιοπρέπειας, 1000 Ευρώ; Αν όμως καλύπτεις δωρεάν τις βασικές ανάγκες, ανοίγεται ο δρόμος προς την αναζήτηση κάλυψης ανώτερων αναγκών και απομακρύνετε ένας φόβος από τη ζωή μας, αυτός της επιβίωσης.

Jan 04, 2024 2:39:51pm

This is the initial draft, based on Sparta and Athens. Two leaders (presidents), one male and one female, a set of advisers (our 'oligarchy') and the whole of the population will vote in a direct democracy. And of course, we will have parties from which we will draw our presidents and advisers.

We won't be unjust against the minorities. A 36% of the voting power will go to the Turkish Cypriots and bits here and there to the rest of the minorities.

Jan 04, 2024 1:21:41pm

Φτιάχνουμε, δηλαδή, την Ατλαντίδα μαζί με τις Αμαζόνες (καλύτερη έκδοση από το Ισραήλ).

Jan 04, 2024 12:48:03pm

If we are not totally incapacitated we are good to fight.

Jan 04, 2024 12:29:25pm

Δεν φοβόμαστε τίποτα, ούτε πείνα, ούτε αρρώστιες, ούτε αποχή, ούτε τίποτα. Στην ανάγκη, βάζουμε και τις γυναίκες μας να πολεμήσουν.

Jan 04, 2024 11:59:33am

Δεν φοβόμαστε το θάνατο εμείς. Έχουμε ελπίδα ο,τι θα επιβιώσουμε. Εξάλλου, αν σκοτωθείς, δεν καταλαβαίνεις και πολλά.

Jan 04, 2024 11:49:22am

Αν μας φέρουν στο απροχώρητο όμως, θα υπερασπιστούμε τους εαυτούς μας μέχρι εσχάτων.

Jan 04, 2024 11:40:41am

Οι άλλοι υποστηρίζουν/προσπαθούν να είναι οι καλύτεροι και τρώγοντε μεταξύ τους. Εμείς λέμε, θα προσπαθούμε να είμαστε οι καλύτεροι και σας εκληπαρούμε να μην μας ενοχλείτε.

Jan 04, 2024 11:20:36am

Μετά από καιρό, όλα θα έχουν ξεχαστεί και όλοι θα τα αφήσουν πίσω τους.

Jan 04, 2024 11:04:56am

Εμείς αγαπάμε τους πάντες.

Jan 04, 2024 10:59:05am

Δε μου φαίνεται σωστό, να βασίζεται ένας αιώνας διωγμών σε επιστημονικές υποθέσεις.

Jan 04, 2024 10:50:47am

Επομένως, αφού η εξέλιξη δεν αποδείχθηκε, ούτε η κληρονομικότητα αποδείχθηκε.

Jan 04, 2024 10:38:00am

Απλά εμείς δεν ενοχλούμε τις άλλες χώρες και ζητούμε να μην μας ενοχλούν και αυτές.

Jan 04, 2024 9:25:18am

We'll be an international center.

Jan 04, 2024 9:22:58am

We'll be a moral, sage and charitable nation of free soldier-saint people that appreciate the arts and letters, sports, science, technology and the environment. Some with religion, some without. Trade and tourism will flourish.

Jan 04, 2024 8:12:11am

Άμα γίνουμε περήφανοι, θα μας ρίξουν καμία ατομική να μας ξεκάνουν. Εμείς, θα είμαστε ουδέτεροι, δε θα ενοχλούμε κανέναν.

Jan 04, 2024 7:51:39am

Ποιος θα μας πειράξει εμάς; Εμείς είμαστε στο έλεος των άλλων: κλιματική αλλαγή και πυρηνικά. Και αν γίνουμε περήφανοι, τότε πάλι θα καταστραφούμε. Η νέα Ατλαντίδα θα γίνουμε. Άσε που η πρωτότυπη μπορεί να ήταν στην Κύπρο.

Jan 04, 2024 7:31:54am

In our Utopia, our lives are sometimes shared with others. We accept others and are at their mercy sometimes and expect that they will treat us right. We have faith in human nature and expect them to show gratitude and not cause harm. But in the current world, things are much worse. People are even afraid to walk in the streets.

Jan 04, 2024 2:31:10am

Our tiny Utopia will take hard work to build and maintain and yes, we are not afraid to suffer, but the benefits outweigh the trouble.

Jan 04, 2024 1:21:45am

Our island-flower will set a good example and who knows, maybe others elsewhere will do the same. Hopefully, they will, otherwise the climate change will ruin us all.

Jan 03, 2024 10:34:56pm

Welcome to the new Era of true democracy, true freedom of speech, meritocracy, equality, tolerance and sharing of effort, money and time.

Jan 03, 2024 10:10:13pm

They use every trick on the block to condition you to do their will. We'll use every trick on the block to free you, except for coercive means.

Jan 03, 2024 9:43:17pm

Εμείς δεχόμαστε εδώ τοπικά, ακόμα και αυτούς που μας καταστρέφουν. Τέτοια \*\* και τέτοια καρδιά έχουμε.

Jan 03, 2024 9:19:26pm

Another take is that we are all needed. Give the right opportunities to misfits and not only they will flourish, but they will also accomplish works of wonder. You can't suppress someone because they don't fit your agenda. You eliminate biodiversity.

Jan 03, 2024 7:58:18pm

**Solon Papageorgiou shared a link.**

<https://youtube.com/watch?v=5Arw5Lbiurg&si=QID7wOXmFIHJ99PB>

Updated Jan 03, 2024 6:50:08pm

Jan 03, 2024 6:50:08pm

Apparently, they found a 700 000 years skull in the Petralona Cave. That seems to discard Darwin theory and confirm that there is God or that nature is a random architect. That means we can all live happily and peacefully together. We are not animals after all.

Some date it earlier. Since there is doubt, I'd say let's play it safe and accept evolution of humans never occurred. Science must be proved.

By the way, some potentially very dangerous sciences were never proved, no matter that they are trying to prove them for more than 100 years.

Jan 03, 2024 5:31:26pm

Where to Era of real democracy and real freedom of speech!

Jan 03, 2024 4:18:57pm

Αν δούλεψε στην εποχή των σπηλαίων, θα δουλέψει και τώρα. Στις φυλακές θα καταλήγει πολύ λίγος κόσμος.

Jan 03, 2024 4:17:56pm

Εμείς έχουμε τα \*\* και τους ανεχόμαστε όλους.

Jan 03, 2024 4:12:53pm

Pride is the worst of all though and causes everything else. You just think you are better.

Jan 03, 2024 10:03:16am

World hunger is behind everything. Greed. People prefer to have a Mercedes instead of feeding their fellow human being.

Jan 03, 2024 9:40:40am

They are trying to reduce world's population.

Jan 03, 2024 9:29:15am

New World Order will never happen.

Jan 03, 2024 8:22:31am

The idea is to find people willing to run in the elections and elect them. That's all. Dream came true! Not instant gratification, but it may come sooner than you may think!

Jan 03, 2024 2:59:19am

You now have a roof, a car, running water at home, electricity, some food, an access to the Internet and a television and you already are feeling too comfortable to revolt, which by the way will be peacefully.

This won't be always the case, but by that time, it may be too late, Greek and Turkish Cypriots may cease to exist.

Jan 03, 2024 2:53:14am

Welcome to an Era when the Cypriot problem will resolve on its own and peacefully. Our brothers on the North will join us!

Jan 02, 2024 10:52:45pm

We'll evolve into a beautiful Sparta/Athens equal and accepting for all. Based on the ideal society of Skinner on positive reinforcement and the non material incentives for work of Maslow. We'll be really cool! With positive psychology and mindfulness and other goodies, we'll have little stress and lots of values. Disease will decrease and violence too. Religion is welcome, but not enforced. We'll thrive and have fun!

Jan 02, 2024 10:01:17pm

Θα είμαστε πολύ ωραίοι τύποι και τύπισσες. Μια μικροσκοπική ουτοπία.

Jan 02, 2024 9:31:24pm

Βασικά, εμείς δεχόμαστε τα πάντα και τους πάντες και συμφέρουμε, με λίγη προσοχή βέβαια αυτή η αποδοχή.

Jan 02, 2024 9:27:04pm

Neoliberalism is on the rise. A dictatorship on the name of Democracy. Social Darwinism. Scary things.

Let's make our little island a flower in the midst of turmoil.

Jan 02, 2024 8:56:26pm

<https://twinoaks.org/photos-videos/video-gallery>

<https://twinoaks.org/photos-videos/video-gallery?start=1>

<https://twinoaks.org/photos-videos/video-gallery?start=2>

Jan 02, 2024 12:13:31pm

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=XTwJz8c4wcY>

Updated Jan 02, 2024 11:43:22am

Jan 02, 2024 11:43:22am

**Solon Papageorgiou shared a link.**

[https://www.youtube.com/watch?v=H7in\\_lqnqjo&t=94s](https://www.youtube.com/watch?v=H7in_lqnqjo&t=94s)

Updated Jan 02, 2024 10:52:44am

Jan 02, 2024 10:52:44am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=XgVvFhGIXQo>

Updated Jan 02, 2024 9:58:10am

Jan 02, 2024 9:58:10am

**Solon Papageorgiou shared a link.**

<https://www.youtube.com/watch?v=reQoH0FTDDE>

Updated Jan 02, 2024 9:45:51am

Jan 02, 2024 9:45:51am

15 Democratic Socialism Pros and Cons

March 19, 2018 by Louise Gaille

Democratic Socialism combines the ideas of democracy and socialism into one governing and societal unit. According to the Democratic Socialists of America, there are three key reforms that are supported with this structure.

1. The desire to decrease that money has on politics within capitalistic governments.
2. The ability to empower every person in their workplace, their home, and their economy.
3. The need to restructure cultural and gender relationships to create more equality.

Instead of focusing on private profit or an attitude that rewards those who are able to survive, the process of Democratic Socialism is to create a humane vision where everyone has the chance to share their voice while have core supports available to them in a mutually supportive environment.

Here are some of the key pros and cons of Democratic Socialism to think about and discuss.

#### List of the Pros of Democratic Socialism

1. It reduces classism within local societies.

In Democratic Socialism, there are not "haves" or "have nots" because there is a sense of community ownership in all things. Private production is used for the public good. At the same time, individuals within the society are able to elect their government officials freely, without fear of political reprisal. That means the differences in wealth and culture are reduced because everyone is working toward a common good.

2. It gives everyone an opportunity to pursue success.

In a truly capitalistic environment, only those with means and opportunity can pursue options like good healthcare coverage or a college education. In the U.S., there is already a form of Democratic Socialism in place with the public schools offered in the K-12 grade range. This form of governing simply extends the concepts which are already working in a democratic society and applies them to other components of it. Each person has an opportunity to pursue their own definition of success.

3. It eliminates the threat of price fixing.

In Democratic Socialism, the government either controls, owns, or monitors every organization that provides goods and services. Instead of using free market demands to raise prices or form mergers or monopolies, the society is able to govern pricing and regulations to allow access to anyone who may need those items. There is no structure available that allows suppliers to alter pricing simply because there is a high demand for what they have.

4. It creates income equality within society.

In the United States right now, the inequality gap has been growing for more than two generations. In 1980, only 50% of children earned more than their parents. In 1940, 92% of children were able to earn more than their parents. The Top 1% of income earners in the U.S. bring in more than 20% of all income. In 1970, the bottom 50% of earners brought in more than 20% of all income. Adults in the top 1% earn 81 times more than adults in the bottom 50%, on average. Under Democratic Socialism structures, these gaps wouldn't fully disappear. They would, however, become greatly reduced.

5. It reduces the threat of economic cycles.

During the Great Recession years of 2007-2009, many families around the world struggled to make ends meet. Jobs were lost. People were forced to find underemployment opportunities just to pay their bills. Since then, wages have exploded for the upper income tier, growing as much as 230%. For the bottom tier of income earners, some individuals haven't seen a pay raise since 2007. Democratic Socialism reduces the threat of these economic cycles, making it easier for households to take care of their basic needs while still having income access to pursue opportunities.

6. It creates an economy that is more efficient.

Within the structures of Democratic Socialism, there is no longer a push to sell unneeded goods or services to consumers. That means less money is spent on marketing, allowing for more to be spent on production, innovation, or wage growth. People still receive what they need for comfort and daily living without the constant brand messaging demanding to be heard.

7. It offers more room for value judgments.

Products can be offered in a society based on Democratic Socialism that are based on value judgments instead of profit judgments. Even if production creates a loss, the government can subsidize production to make needed items available to everyone. In a structure based on capitalism, goods and services are based on profits first and value second.

## List of the Cons of Democratic Socialism

1. It cedes more control over basic needs to the government.

Even though officials may still be elected, Democratic Socialism is still on the socialism spectrum. That means the government is given more control over how lives can be lived. There may be added benefits to social access, but that requires money, which means higher tax rates. Then there are fewer options available because the government is in control of the competition. At the end of the day, in its extreme form, the government would be telling everyone what they can do, where they can work, and what they can purchase.

2. It could cause a net financial loss instead of gains for families.

Even Bernie Sanders admits that higher taxes are required in such a system, with a 25% tax rate proposed for the median income earner in the United States under his plan. In the Sanders plan, the top tax rate would still be under 40%. That means a greater tax burden, relative to available income, is given to the middle- and low-income earners instead of the higher income earners.

3. It would limit the influence of unions, civilian oversight committees, and similar institutions.

Democratic Socialism would cede the rights of workers to the government through employment. If the government decides that having a union is not in their best interest, then they can get rid of it. Public employees have already experienced this in government structures that are closer to capitalism. That means there is a greater potential for unsafe work places, lower wages, and less overall incentive to work if all the physical needs of an individual are automatically met by the government.

4. It can reduce innovation.

There may be an advantage in Democratic Socialism in that people with specific skills or talents are placed into jobs that directly benefit from that experience. At the same time, however, production within a socialism-style government structures tends to focus on domestic needs instead of new opportunities. That limits innovation because there is little, if any, competition with the government to develop new ideas. Over time, that means the society can lag behind others that incentivize innovation.

5. It can create more bureaucracy.

The government will want to determine who is eligible to receive specific benefits. Applicants must fill out paperwork to prove their eligibility. Ongoing renewals must be processed. The goal of Democratic Socialism may be to streamline society and equalize access to services, but more bureaucracy is created in doing so. That means it could take much more time to make services available to those who need them.

6. It creates more government spending.

For an economy to grow, there must be a balance between domestic and foreign trade. As innovation declines and manufacturing grows stagnant, fewer international opportunities develop. That means the government may be forced to import more items, creating trade deficits with their neighbors. Without innovation, maintenance and repairs overages become common as equipment ages. In time, the government spends more than it would if it had simply invested capital into existing systems to upgrade them.

7. It can create a lack of societal motivation.

There will always be people within any society that do not participate in the workforce. In the United States right now, about one-third of all people who are of a working age are choosing not to join the workforce. Under a system of Democratic Socialism, those figures could increase even further. If there is no reward for producing more than someone else, yet both individuals have their basic needs met, the individual working is more likely to give up than the individual not working choosing to join the workforce.

8. It cannot prevent a corruptible government.

Human beings are fallible creatures. We are prone to mistakes. We are also capable of doing abhorrent things to one another in certain circumstances. Under the structures of socialism, no matter where it happens to be on the spectrum, there are fewer checks and balances in place to limit the effects of corruption. New leaders can be elected by the people, but not immediately. Hierarchies tend to emerge under this structure, with leaders working to shore up power where they can.

These Democratic Socialism pros and cons are an overview of the subject only. This structure is not Communism, which many claim, nor is it the "next evolution of capitalism." It is somewhere in the middle, a proposed compromise by those who want more people to experience success. Basic needs are met, but with fewer incentives.

Blog Post Author Credentials

Louise Gaille is the author of this post. She received her B.A. in Economics from the University of Washington. In addition to being a seasoned writer, Louise has almost a decade of experience in Banking and Finance. If you have any suggestions on how to make this post better, then go here to contact our team.

Jan 02, 2024 8:37:17am

## 5 Ways Democratic Socialism Isn't What You Think

To quell any fears and to put a great deal of misinformation to rest, here are five things that democratic socialism is not.

By  
Dan Arel, Contributor

Award-winning journalist and bestselling author  
Dec 28, 2015, 01:43 PM EST  
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Senator Bernie Sanders, an independent from Vermont and 2016 Democratic presidential candidate, speaks during a campaign event in Storm Lake, Iowa, U.S., on Tuesday, Dec. 22, 2015. During Saturday's presidential debate in New Hampshire, Sanders was the most searched Democratic candidate on Google, the most discussed on Facebook and he also amassed the most new Twitter followers. Photographer: Daniel Acker/Bloomberg via Getty Images  
Senator Bernie Sanders, an independent from Vermont and 2016 Democratic presidential candidate, speaks during a campaign event in Storm Lake, Iowa, U.S., on Tuesday, Dec. 22, 2015. During Saturday's presidential debate in New Hampshire, Sanders was the most searched Democratic candidate on Google, the most discussed on Facebook and he also amassed the most new Twitter followers. Photographer: Daniel Acker/Bloomberg via Getty Images  
Ever since Bernie Sanders announced his candidacy, much attention has been focused on the fact he calls himself a democratic socialist. Socialist, in the American lexicon, has a negative connotation, mainly because of common misunderstandings.

Sanders himself has tried many times to explain the difference between "socialism" and "democratic socialism," but the right still seems hung up on misrepresenting his views and exploiting people's fears. America has a rich socialist history many people are unaware of, but still fear the "S" word and picture evil dictators and red flags.

To quell any fears and to put a great deal of misinformation to rest, here are five things that democratic socialism is not.

### 1. Democratic Socialism Is Not Marxism

When Sanders spoke at the Georgetown University, he said clearly that he is NOT in favor of "workers owning the means of production," which is one of the most important aspects of Marxism. Marxism would replace the corporate ownership of business and would hand the companies to the workers to manage and control. This eliminates the capitalist structure, something democratic socialism does not do.

### 2. It Is Not Communism

In Karl Marx's writing, he often used the terms "socialism" and "communism" interchangeably. Many still do today in the Marxist movements, but outside of that, most people see Communism as the political structure of the (now-separated) USSR and China. Marxist communism is impossible to enact wholly, so these regimes did not represent true Marxism. Even so, they are much closer to Marxist communism than to democratic socialism.

### 3. It Is Not A Replacement For Capitalism

True socialism would replace the capitalist economy we live in now and replace it fully with a socialist one. While this is the dream of Marxists and socialists everywhere, this is not the plan under democratic socialism. Democratic socialism would instead put more restrictions on corporations and owners. This would include limitations on how much more money a CEO can make compared to their employees, and granting employees more rights and higher minimum wage.



#### 4. It Is Not The Same As Regular Socialism

Democratic socialists have historically rejected the belief that the economy should be centrally planned (a centrally-planned economy is a socialist keystone belief). Instead, democratic socialism believes that some parts of society may be better if they are democratically planned: mass transit, medical care, minimum wage, etc. Democratic socialism still believes the capitalist market is best for consumer goods and services.

#### 5. It Is Not Outside The Democratic Party

When Sanders announced he was running for President, he switched his party from Independent to Democrat, and many wondered why a socialist would run as a Democrat. Yet, what many didn't understand was that Democratic Socialism is not a party in itself and is an ideology that actually exists inside the Democratic Party.

Democratic socialists only hope to strengthen the party by improving upon issues the nation faces today such as healthcare, college tuition, and a strengthened social safety net.

Jan 02, 2024 1:09:28am

Just like they did the bail-in to Cypriot banks, we'll do the same to them.

Jan 01, 2024 11:46:50am

With protests outside their homes, they'll scare to death and flee the country.

Jan 01, 2024 11:38:59am

We'll elect fearless people who don't care about money.

Jan 01, 2024 11:02:16am

We'll kick them out of Cyprus peacefully, just like Gadhi did with the Britons. We know who they are.

Jan 01, 2024 10:25:28am

We'll get their money and make them poor. That's their fear. Problem solved. They don't have 3 \*\*\* and 4 \*\*\*.

Jan 01, 2024 9:28:20am

Το 0.1% με 1% του πληθυσμού ελεγχθεί το υπόλοιπο 99%. Το μόνο που θέλει είναι χρήμα και εξουσία. Στην πορεία σκοτώνει και εξοντώνει το 99% και αυτοί πεθαίνουν στα 100. Εγώ μαλακίες δεν ανέχομαι. Θα πάρουν πόδι. Εδώ που η Κύπρος είναι μικρή, είναι ο,τι πρέπει.

Jan 01, 2024 9:08:38am

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<https://fascinatingdreams.com/fairy-tales/mejoralumno/>

I'm building Mejor Alumno with a few friends, a Spanish app for kids, for Android smartphones and tablets! Have a look!

Updated Dec 25, 2023 3:27:25am

Dec 25, 2023 3:27:25am

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<https://audiofiles.net/products>

Listen to our latest music pieces!  
Updated Dec 06, 2023 11:32:34pm

Dec 06, 2023 11:32:34pm

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<https://bestpal.org/about>

Here's the Music Therapy playlist on Best Pal! <https://bestpal.org/about>  
Updated Dec 04, 2023 2:49:37am

Dec 04, 2023 2:49:37am

This is our new site! [bestpal.org](https://bestpal.org) Enjoy!

Dec 03, 2023 12:32:35am

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<https://confidants.eu/home-□□□□□>

Updated Dec 01, 2023 5:23:55am

Dec 01, 2023 5:23:55am

**Solon Papageorgiou wrote on Ximo Breva's profile.**

Happy Birthday!

Jan 10, 2024 3:33:28am