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Finding purpose in life and shaking up one’s routine might help to navigate the ups and down

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Most individuals want to feel like they’re living for something bigger than themselves. In or out of our consciousness. While the idea is appealing, the reality may be more difficult to achieve. The assumptions about life’s meaning may stem from a lack of introspection into one’s own purpose. These hardwired beliefs about the world often originate in our families and ...

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