

**1. 2691-22-5** 18.8

You can create beautiful poster boards full of images of what you want and affirm every day that you are available for an incredibly successful, passionate career or a loving relationship; but if you don't truly believe you are enough, worthy, lovable, and deserving, then attracting a great career or relationship into your life may be more challenging.

2. 2691-35-2 14.8

For example, we have encountered many dog owners who bathe their dogs religiously multiple times a week because they want to avoid the 'doggy' smell, but veterinary dermatologists warn against such practices, as they are not good for a dog's skin.

3. 2691-38-3 14.5

The historian of science Theodore M. Porter describes measurement as a 'technology of distance': a tool that uses shared rules to bridge differences of culture and geography, allowing for the exchange of information.

4. 2691-38-5 13.9

In the earliest societies, these definitions might need to be shared no more widely than a single settlement, meaning that the definition can be no more complex than knowing that a unit was equal to a certain body part.

5. 2691-36-3 13.6

The objective is to complete a 9 x 9 grid, starting from a few given numbers or clues, while ensuring that each row, each column and each 3 x 3 block contains all the digits from 1 to 9 once and only once.

6. 2691-33-4 12.8

We can only surmise their quality based on tales such as that of Zeuxis and Parrhasios, the obvious skill in ancient Greek sculpture, and in drawings that survive on ancient Greek pottery.

7. 2691-4142-3 12.8

If you wanted your voice to be heard by the public, you had to work within their limits, conforming to the strict expectations of either print or broadcast media.

8. 2691-20-5 12.5

Resist the temptation to create a ton of rules, pile on different game elements, and incorporate multiple dynamics to keep player interest high.

9. 2691-20-10 12.5

Given those parameters, making sure the learners are engaged and active is far more important than making sure they are entertained.

10. 2691-34-7 12.5

We may feel our way towards understanding the alchemy of running by learning how to use our senses, getting them firing, and seeing what they are capable of, and accepting that our bodies know more about running than we ever will.

11. 2691-35-4 12.5

Unless they have a skin condition for which a vet has prescribed medicated baths, most dogs don't need to be bathed on a regular basis.

12. 2691-33-8 12.3

They succeeded at making artwork that did not copy anything, thus demonstrating that the ancient Greek view of art as mimesis — simple copying — does not sufficiently define art.

13. 2691-40-7 12.3

With such a high value for survival closely tied with relationships, it makes sense that the way we mobilize our internal resources around relationships would be highly networked in our brain and body.

14. 2691-29-2 11.8

There are two options: with oxygen, a process known as aerobic respiration, and without it, which is called anaerobic respiration.

15. 2691-4142-2 ^{11.6}

Since the emergence of Standard English, the rule makers of language have been in charge, and their prescriptive norms about a 'correct' version of the English language have dominated our channels of communication.

16. 2691-22-1 ^{11.5}

Perhaps you have heard of the Law of Attraction, which states that 'like attracts like' and that by focusing on positive or negative thoughts, one can bring about positive or negative results.

17. 2691-31-8 ^{11.2}

Nothing turns me off something quicker than the wrong people liking it, by which I mean people almost identical to me in every respect, in a way that doesn't flatter me.

18. 2691-20-4 ^{11.1}

Remember, you are not creating the next great commercial game to entertain your learners; you are creating a learning game in which success will be measured by the achievement of learning outcomes.

19. 2691-40-8 ^{11.1}

It also makes sense that we would develop specific mechanisms to attend to minimizing rejection and enhancing acceptance.

20. 2691-23-3 10.5

Think about it: If there's a huge change in the environment, like a catastrophic drop in the food supply or a big increase in temperature, a species without much variation might be completely wiped out.

21. 2691-34-4 10.5

Wherever our running intelligence is, running is not all conscious to us and is so complicated that only the T-1000 Terminators of our imagination are able to do it.

22. 2691-32-1 10.3

One of the most fascinating and empowering insights in Stoic philosophy is that our emotions are not random; they arise from our judgments.

23. 2691-23-4 10.2

A species with great variation will more likely have some survivors after any catastrophe — the members who are well suited for the new environment.

24. 2691-22-2 10.0

The common flaw in our understanding of this law is that we believe all we have to do is think about or visualize something to manifest it.

25. 2691-4142-8 10.0

We regularly use words like 'function' and 'side-eye,' and our influence both legitimizes these terms and gives them a large platform to spread quicker than they could have before.

26. 2691-29-5 9.8

But anaerobic energy is inefficient and can be toxic, creating too much lactic acid.

27. 2691-37-5 9.8

He concluded that the view of the universe accepted at the time that the Sun traveled around Earth was wrong, and that it was in fact Earth that traveled around the Sun.

28. 2691-38-4 9.8

Following this logic, if measurement is another sort of language, then just as with words, individual units need reliable definitions in order to communicate.

29. 2691-38-2 9.6

Subjective measures contain useful knowledge, but this can be difficult to share, based as it is on an individual's experience.

30. 2691-40-2 9.6

The system monitors other people's reactions to our behaviors and sends an alarm that alerts us to any possible changes in our inclusion status.

31. 2691-40-5 9.6

Am I being accepted or am I being pushed out?

32. 2691-21-6 9.5

As a result they are not learning or building their movement repertoire, the very thing that will help them learn, communicate, create, and become emotionally mature.

33. 2691-26-8 9.5

He received many major awards during his career; and after his death, he was also honored with the WHO Director-General's Global Health Leaders Award for his lifelong work to improve health for the poor.

34. 2691-23-7 9.4

Thankfully, our species has many kinds of minds, both within a single culture and across cultures, so we're less likely to be wiped out.

35. 2691-4142-11 9.4

The loose social networks that previously connected us geographically are simply stronger online, and memes are now transmitted at rapid pace.

36. 2691-29-8 9.3

Our lungs and respiratory system haven't caught up to supply the oxygen our bodies need, and so the body has to use anaerobic respiration.

37. 2691-20-9 9.1

Research shows that what makes games instructional is the level of interactivity and engagement the learners have with the content.

38. 2691-24-4 9.1

So we pretend that things are more predictable than they really are, even though we actually live with enormous uncertainty all the time.

39. 2691-30-10 9.1

I'm thinking of all those tiny paragraphs — verbless wonders — written by modern journalists trying to make their articles quick 'n' easy.

40. 2691-33-7 9.0

While painting these works, Pollock and his fellow artists would consciously avoid making marks or passages that resembled recognizable objects.

41. 2691-4142-6 9.0

Anybody and everybody can become a public figure on the new communicative platforms, meaning that nobody's left to enforce the old rules.

42. 2691-40-10 8.9

We all have an interpersonal process of searching for cues from the environment to assess our value in the social structure.

43. 2691-31-2 8.7

Even when you first drank milk, there was the milk, yes, but there was also the person behind the milk who will have presumably either made or messed up your relationship with food for the couple of decades after that.

44. 2691-22-6 8.6

Consider what limiting beliefs you have that contradict your desires and upgrade them to beliefs that are in line with what you want to attract.

45. 2691-25-5 8.6

In 2021, the percentage of remote workers in the agriculture, forestry, fishing and hunting sector was eight percentage points lower than that in the educational services sector.

46. 2691-34-5 8.6

Because our running knowledge is buried so deeply within muscle fibres, cells and our DNA, we have to accept that we cannot fully explain its complexities.

47. 2691-40-4 8.6

When the alarm bell rings, the threat to our social bonds is pushed into conscious awareness and we evaluate the situation.

48. 2691-38-7 8.5

Imagine a disagreement over trade or tribute: it is a moment of conflict that demands greater consistency in measurement.

49. 2691-26-6 8.4

In 1987, he co-founded Partners In Health, an organization that works in countries like Haiti, Rwanda, and Peru to provide medical treatment and strengthen public health systems.

50. 2691-34-3 8.4

The most powerful supercomputer on the planet cannot administer the enormous number of computations it takes to run, untethered, on two legs.

51. 2691-4142-10 8.4

This means that slang can more naturally go beyond the economic and social barriers that once limited its growth.

52. 2691-23-6 8.2

If we all had the same kind of mind — if there were only one human nature — then when disaster struck, we might become extinct.

53. 2691-25-3 8.2

Among all industry sectors, the industry sector with the largest gap between the percentage of remote workers in 2019 and that in 2022 was the information sector.

54. 2691-40-1 8.2

From an evolutionary perspective, self-esteem has developed as a monitoring mechanism for the quality of our relationships.

55. 2691-32-7 8.1

If you lose a job, you might feel devastated not simply because of the job loss but because you believe it defines your worth or future.

56. 2691-26-5 8.0

He later returned to the United States and earned both a master's degree and a PhD in medical anthropology at Harvard University.

57. 2691-4345-23 8.0

The merchant realized that freedom mattered more than all the wealth in the world and he was happy to have the company of two beautiful parrots occasionally.

58. 2691-32-6 7.9

For example: If someone criticizes you, you may feel angry not due to the words themselves but because you perceive the comment as unfair or threatening.

59. 2691-35-3 7.9

If someone is really concerned about their dog's smell they can use waterless shampoo and thoroughly brush their dog every day but keep the baths down to once or twice a week at most.

60. 2691-36-8 7.9

It seems that even the idea that something might be spoiled by mathematics is enough to scare off potential solvers!

61. 2691-40-3 7.9

The monitoring system generally operates nonconsciously until it detects that our relational value is falling or low.

62. 2691-32-9 7.7

This doesn't mean suppressing how you feel; it means examining the story you tell yourself and choosing one that serves you better.

63. 2691-24-1 7.6

Letting go of our need for control, being aware, is a lot about gathering the courage to face uncertainty.

64. 2691-4142-9 7.6

Content creators also come from a greater variety of backgrounds than people working in traditional media.

65. 2691-4345-8 7.5

The merchant loved his parrot so much that he couldn't imagine letting him out of the cage for fear of losing him, but he promised to deliver the message and then left to go on his trip.

66. 2691-36-7 7.4

One Irish daily paper publishes these puzzles with the statement 'There's no maths involved, simply use reasoning and logic!'

67. 2691-36-9 7.4

Could you imagine the promotion of an exhibition in the National Gallery with the slogan 'No art involved, just painting and sculpture'?

68. 2691-21-1 ^{7.3}

We are wonderfully made, yet we don't allow ourselves to participate in the wonder for which we were created.

69. 2691-23-2 ^{7.2}

One of Charles Darwin's greatest insights was that variation is a prerequisite for natural selection to work.

70. 2691-24-12 ^{7.2}

Imagine if we could bear in mind that what we write down, what we think is going to happen, might not be what actually happens.

71. 2691-32-5 ^{7.2}

Here's how it works: something happens, you interpret what it means, and that interpretation triggers an emotional response.

72. 2691-29-6 ^{7.1}

The sickness, muscle weakness, and sweating you experience after you've pushed it too hard at the gym is the feeling of anaerobic overload.

73. 2691-30-3 ^{7.1}

Short paragraphs put air around what you write and make it look inviting, whereas a long chunk of type can discourage a reader from even starting to read.

74. 2691-31-6 7.1

Tastes spread like this, person to person, like viruses, almost irrespective of the qualities of the food involved.

75. 2691-36-4 7.1

But the numerical values of the digits are irrelevant; what is important is that there are nine distinct symbols.

76. 2691-18-7 7.0

Instead of the amusement park, students will visit the City Science Museum, where they will participate in guided exhibitions and hands-on learning activities.

77. 2691-30-4 6.8

Newspaper paragraphs should be only two or three sentences long; newspaper type is set in a narrow width, and the inches quickly add up.

78. 2691-18-4 6.7

However, according to the latest weather forecast, extremely low temperatures are expected throughout Friday.

79. 2691-25-6 6.7

The accommodation and food services sector showed the lowest percentage of remote workers in 2019, 2021, and 2022, and its percentage in 2019 was less than half of that in 2022.

80. 2691-4142-7 6.7

TV presenters and journalists might not have been able to use slang, but content creators can.

81. 2691-39-3 6.6

Some of the ants set forth from the nest to find fresh vegetation; when they find it, they chew off large pieces that they carry back to the nest.

82. 2691-21-4 6.5

Many kids today are being held captive by 'smart' devices like phones and tablets.

83. 2691-23-1 6.5

It's important for humans to have many kinds of minds, because variation is critical for the survival of a species.

84. 2691-39-5 6.5

Instead, smaller worker ants take the pieces of leaves, chew them into smaller pieces, and use these as fertilizer to grow fungus in large underground 'gardens.'

85. 2691-29-3 6.4

Anaerobic energy is generated only with glucose (a simple sugar), and it's quicker and easier for our bodies to access.

86. 2691-39-7 6.4

Using this successful farming strategy, the ants build enormous nests underground, something spanning hundreds of square meters.

87. 2691-30-9 6.2

A succession of tiny paragraphs is as annoying as a paragraph that's too long.

88. 2691-38-1 6.2

To harness the full potential of units of measurement, we need some degree of consistency.

89. 2691-21-10 6.1

We were made to move — and through movement, we are meant to live extraordinary lives.

90. 2691-22-3 6.1

It is true that we attract at the level of our own vibration and that our thoughts and words are extremely magnetic.

91. 2691-29-1 6.1

To understand how breathing affects athletic performance, we first need to understand how the body makes energy from air and food.

92. 2691-37-1 5.8

Even before telescopes existed, people looked out into space and tried to understand the universe.

93. 2691-23-5 ^{5.7}

Darwin observed variation in the bodies of animals, and the same principle applies to human minds.

94. 2691-39-6 ^{5.7}

The ants feed the fungus, and the fungus blossoms into small fruiting bodies which the ants later eat.

95. 2691-4345-4 ^{5.7}

Days passed, but no matter how much the merchant cared for his parrot, the colorful bird seemed sad.

96. 2691-26-2 ^{5.6}

He was born in 1959 in Massachusetts and grew up with an early awareness of social inequality.

97. 2691-32-2 ^{5.6}

This may sound surprising, especially if you've ever felt overwhelmed by anger, fear, or sadness.

98. 2691-33-3 ^{5.6}

We must sadly note that, due to the action of time and weather, no paintings from ancient Greek artists exist today.

99. 2691-36-1 ^{5.6}

The central concerns of mathematics are not numbers, but patterns, structures, symmetries and connections.

100. 2691-29-7 ^{5.5}

This process explains why the first few minutes of an intense workout are often so miserable.

