

The Monthly Lift

by Dr. Antigone Vescei

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Real stories, practical tips, and a laugh to keep you moving.

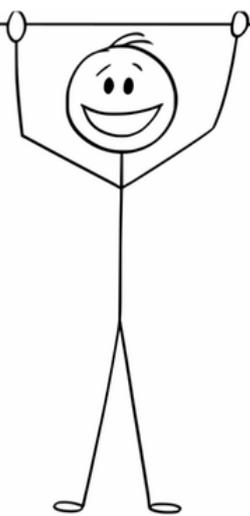
Came For His Shoulder, Left Sleeping Better



Think Snoring Is Harmless? Learn How Sleep Apnea Steals Your Sleep and Health — and What You Can Do About It.

[Here's the Study](#)

JOKE OF THE MONTH



Being an adult is all about being tired, telling people how tired you are, and listening to other adults tell you how tired they are. ! TheMindsJournal



Know someone who could use a comeback story of their own? Forward them this e-mail!



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