

the irlen revolution a guide to changing your perception and your life

Fri, 22 Feb 2013 07:55:00 GMT the irlen revolution a guide pdf - Literacy data published by UNESCO displays that since 1950, the adult literacy rate at the world level has increased by 5 percentage points every decade on average, from 55.7 per cent in 1950 to 86.2 per cent in 2015. However, for four decades, the population growth was so rapid that the number of illiterate adults kept increasing, rising from 700 million in 1950 to 878 million in 1990. Fri, 11 Oct 2013 23:52:00 GMT Literacy - Wikipedia - "A good laugh and a long sleep are the best cures in the doctor's book." Irish Proverb The evidence for the health benefits of adequate, restful sleep is overwhelming. Decades of research has shown that sleeping between 7 and 9 hours per night can relieve stress, reduce the risk of many chronic diseases, improve memory and cognitive function, and may even help with weight loss. How artificial light is wrecking your sleep, and what to ... - Microsoft Word is a tyrant of the imagination, a petty, unimaginative, inconsistent dictator that is ill-suited to any creative writer's use. Worse: it is a near-monopolist, dominating the word processing field. Why Microsoft Word must Die - Charlie's Diary - Antipope -

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