

# 101 THINGS TO DO INSTEAD OF SCROLLING



play the guitar

write a gratitude list



solve a  
Rubik's cube



do a 1000 piece  
jigsaw puzzle

stretch your body



go to a beginner  
martial arts class



make your own  
soy candle

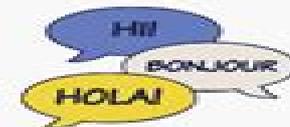


have a good-olde  
belly laugh

go to a beginner  
martial arts class



make pasta  
from scratch



practice a new  
language



water your  
house plants



go for a long drive

# Things That You Can Do

**Sebastian Brünink**



## Things That You Can Do:

*50 Things You Can Do to Save the World* Kim Hankinson, 2020-03-10 Reduce waste have a plastic free party make a protest sculpture and more Calling all bold brave green heroic caring daring dreaming mindful shouting creative rescuing resourceful Earth warriors Full of super creative ideas and activities the pages of this book will help you fight the effects of climate change reduce carbon emissions and help save the planet With this engaging book you can do your part and help protect the world by learning how to Make a megaphone or kite to spread the word Reduce water usage and food waste Cut down on meat consumption Make a protest sculpture from non recyclable plastic waste Have plastic free parties Save the Bees And More 50 Things You Can Do to Save the World also makes recommendations for going green everyday life including walking instead of driving planting a tree and buying local food and also includes quotes from climate heroes like Greta Thunberg Jane Goodall and Wangari Maathai Start saving the world today

**50 Things You Can Do to Manage Anxiety** Wendy Green, 2010-05-04 One in 20 adults in the UK will suffer from anxiety at some point in their lives Are you one of them Learn how to replace negative thoughts and behaviour with positive ones Learn assertiveness skills and boost your self esteem Discover ways to become more active to reduce stress and anxiety Find helpful organisations and products

**50 Things You Can Do to Manage Hay Fever** Wendy Green, 2010-02-01 Up to one in five people in the UK suffer from hay fever In this easy to follow book Wendy Green explains how genetic dietary psychological and environmental factors can contribute to hay fever and offers practical advice to help you deal with your symptoms including simple dietary and lifestyle changes and DIY complementary therapies

We Can Do Hard Things Glennon Doyle, Abby Wambach, Amanda Doyle, 2025-05-06 The 1 New York Times bestselling authors and award winning podcasters Glennon Doyle Abby Wambach and Amanda Doyle created *We Can Do Hard Things* the guidebook for being alive to help fellow travelers find their way through life When you travel through a new country you need a guidebook When you travel through love heartbreak joy parenting friendship uncertainty aging grief new beginnings life you need a guidebook too *We Can Do Hard Things* is the guidebook for being alive Every day Glennon Doyle spirals around the same questions Why am I like this How do I figure out what I want How do I know what to do Why can't I be happy Am I doing this right The harder life gets the less likely she is to remember the answers she spent her life learning She wonders I'm almost fifty years old I've overcome a hell of a lot Why do I wake up every day having forgotten everything I know Glennon's compasses are her sister Amanda and her wife Abby Recently in the span of a single year Glennon was diagnosed with anorexia Amanda was diagnosed with breast cancer and Abby's beloved brother died For the first time they were all lost at the same time So they turned toward the only thing that's ever helped them find their way deep honest conversations with other brave kind wise people They asked each other their dearest friends and 118 of the world's most brilliant wayfinders As you've traveled these roads marriage parenting work recovery heartbreak aging new beginnings have you collected any wisdom that might help us find our way As Glennon Abby

and Amanda wrote down every life saving answer they discovered two things 1 No matter what road we are walking down someone else has traveled the same terrain 2 The wisdom of our fellow travelers will light our way They put all of that wisdom in one place We Can Do Hard Things a place to turn when you feel clueless and alone when you need clarity in the chaos or when you want wise company on the path of life We are all life travelers We don t have to travel alone We Can Do Hard Things is our guidebook Featuring wisdom from ALOK Sara Bareilles Dr Yaba Blay Kate Bowler adrienne maree brown Brandi Carlile Brittney Cooper Brittany Packnett Cunningham Kaitlin Curtice Megan Falley Jane Fonda Stephanie Foo Ashley C Ford Ina Garten Roxane Gay Andrea Gibson Elizabeth Gilbert Dr Orna Guralnik Tricia Hersey Justice Ketanji Brown Jackson Luvvie Ajayi Jones Dr Becky Kennedy Emily Nagoski Esther Perel Ai Jen Poo Cole Arthur Riley Dr Alexandra Solomon Cheryl Strayed Sonya Renee Taylor Ocean Vuong And many others *Weekly Compilation of Presidential Documents* ,1994-02 *Motor World Wholesale* ,1921 Music Trade Indicator ,1921 *The Railroad Telegrapher* ,1910 *Journal of Education* ,1928 *McClure's Magazine ...* ,1902 **Consumer Finance News** ,1922 *The Girl's Own Annual* ,1899 **The Atlantic Monthly** ,1898 **The Barrel and Box** ,1909 **The Sunnyside** ,1927 **Blackwood's Edinburgh Magazine** ,1891 Atlantic Monthly ,1912 **Amazing Stories** ,1926 *Life* ,1926 The Delineator R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1928

## Unveiling the Magic of Words: A Overview of "**Things That You Can Do**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Things That You Can Do**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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### **Things That You Can Do Introduction**

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