

HOW TO SAY NO
WHEN THE WORLD
DEMANDS A YES

ARE YOU
A WILD
INTROVERT?

5 WAYS TO
CHANNEL YOUR
CLIMATE ANXIETY

CAN OZEMPIC
FIGHT
ADDICTION?

Psychology Today

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The New Grown-Up

WHAT IT
MEANS TO BE
AN ADULT
TODAY



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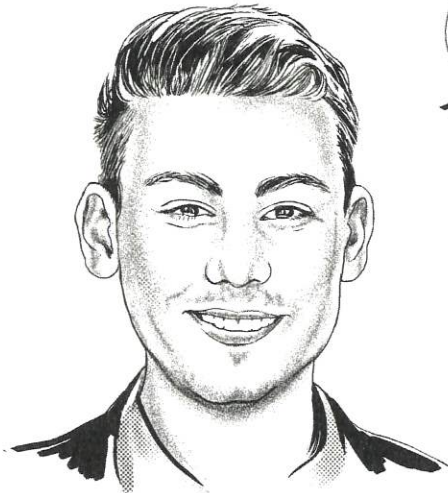
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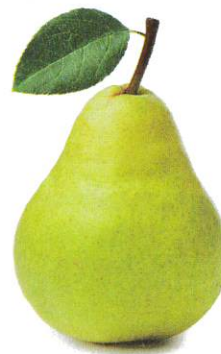
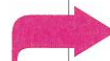
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