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Strong Women Soft Hearts A

Hina Khan recently shared new pictures of herself looking stunning in a pink outfit. She also penned a note along with it.

Hina Khan looks pretty in pink, says have a strong mind and a soft heart

Plant-based foods should dominate heart healthy diets, according to a paper published today

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in Cardiovascular Research, a journal of the European Society of Cardiology (ESC). This comprehensive review ...

What should I eat to avoid heart disease?

COVID-19 can wreak havoc on a patient's lungs and heart. One 93-year-old Elmwood woman, who contracted COVID-19 in November, is now back to normal thanks to Cardio-Pulmonary Rehab.

93-year-old woman recovers from COVID-19 with help from cardiac & pulmonary rehab

We can only continue the polarity dynamic when, and if, we first allow men to break down in his masculine and bear witness to their inner feminine, just as much as we must allow women to rise up in ...

Polarity in Relationships: Why we are Long Overdue for a Revolution.

DEMENTIA is a debilitating disease that's hard to diagnose, but the sooner you do so the better. These are the most common signs in women - and how they're different to the symptoms in men.

Dementia symptoms: The signs of dementia in women - how they're different to the symptoms

"With the kindest of hearts ... to keep it strong and protected from irritants," she said. When asked for advice for other women, Dani said there's strength in choosing to be soft.

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'Anger will just make the heart weaker': Dani Barretto on forgiveness

The grandmother gave Kali her jewelry to show "I love and accept her." "If I can be 87 and accepting, I'm sure so can ...

87-year-old woman loves her trans granddaughter so much she warmed the internet's heart

"I was so strong ... women are so busy with children and work and husbands, we don't ever stop," she said. "Definitely get checked out if you think something is wrong. Nothing is too little, because ...

Fit and 41, she thought nothing of her family history - until her heart attack

Making a career change at 50 is possible, even during the shecession. The secret? Own all your wins and share them with other women.

Tips For Women On The Verge Of A Career Change At 50

Despite the nationwide recognition of the political force Elizabeth "Betita" Martínez — marked when she died at 95 from vascular dementia on June 29 with obituaries in the New York Times, the Los ...

"The heart insists on it." Odes to Betita Martínez, the Chicana pioneer dedicated to political activism

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Lin Shih-Chia has been practising archery since childhood. She talks about the incredible support she has received from her parents to help achieve Olympic glory.

The Olympic star who learned her sport using a giant elastic band

Former Eastern Washington University women's basketball coach Wendy Schuller claims her coaching career has been "destroyed" after she was fired by the university earlier this year.

Former EWU women's basketball coach on unlawful termination claim: 'It hurts my heart'

In this video, the message is what all strong women can relate to. The actress on her social media page posted a short 15-second video where she explains why strong women refuse to give up.

Pooja Hegde `reels` her way to the heart of every Strong Women

Growing up in Middlesex County and moving to Tinton Falls at age 13, Ashlyn Solimeno, owner of upscale catering company Coastal Graze & Co. in Neptune City, loved the opportunity to care for people.

'People like to snack': Neptune City woman creates charcuterie catering business

Rather than maintaining the cultural expectation of being strong, which can lead to anxiety, depression, hypertension, diabetes, heart disease and more, Burnett-Zeigler offers Black women a new ...

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New book examines emotional lives of Black women

A Norton Shores, Michigan woman has credited her Apple Watch with detecting a heart condition after she had a heart attack without realizing it. The woman's heart rate was 169 beats per minute despite ...

Michigan woman's Apple Watch spots she'd had a heart attack without knowing

When Rufus Wainwright was asked to write a closing theme song for “Rebel Hearts,” a documentary ... re about to embark on a journey of very strong women. Something unexpected.” ...

Rufus Wainwright on Creating a ‘Somber Samba’ Closing Song for ‘Rebel Hearts’ Documentary (EXCLUSIVE)

Becky Sauerbrunn and her teammates on the U.S. women’s national soccer team are no strangers to playing in front of big crowds.

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