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## Could Sugar Be a Deadly Drug?

Some researchers believe that sugar is more addictive than cocaine. It has been linked to obesity, high blood pressure and diabetes. Children taste their first dose and immediately want more and more. The effects on babies and children is far more immediate and significant. And, there is even a debate about whether sugar is in fact addictive.



A recent study of rats concluded that the brain region most important for experiencing pleasure was activated even more strongly when the rats were

exposed to sugar than when they were exposed to cocaine.

Another study found that people who have a "food addiction" responded to sugar much in the same way a drug addict responds to drugs. However, researchers say that just because it stimulates the same area of the brain does mean that it is addictive in the same way.

Overall, scientists who study sugar agree that sugar is best to either be avoided or consumed in moderation.

Source: Live Science

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## 5 Tips For Keeping Your New Years' Resolutions

The Statistic Brain reports that only 8% of us will be successful at keeping our new years resolutions. Well, here are five tips to help keep you in that 8%!



1. **Set Small Goals Throughout the Year** - Rather than making one huge goal, you're better off making small, incremental, and achievable steps that will lead you to radical change.
2. **Use Repetition to Help You Achieve Your Goals** - It's best to write your new goal down on paper. Review it with intention and emotion EVERY morning. Writing it down is key.
3. **Remind Yourself Why You're Making the Change** - Simon Sinek calls it your "White Hot Why" (you can Google it for an incredible TED Talk). It's critical that you know the reason you're making the change in order to have success sticking with it.
4. **Create a Plan for Setbacks** - Think through the potential obstacles and road blocks you may experience. How will you deal with them? Since you'll likely mess up at least once, have a plan for how you will deal with it to get back on track.
5. **Have an Accountability Partner** - According to Dominican University in California, 70% of those who write down their goals and then share their weekly progress in an email with a friend will actually achieve their goal. Only 35% of those who set written a goal but keep it to themselves achieve it.

Source: Fast Company

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## Psychologists Link These Habits with Happiness

Science tells us that some activities just have the ability to boost our moods and keep them high. Here are the top 10.

1. Write Down 3 Things You're Grateful For
2. Get Outside
3. Spend Money On Others, Not Yourself
4. Drink Coffee (but not too much)

5. Volunteer
6. Make Time for Friends
7. Smile
8. Forgive
9. Workout
10. Be Patient - Happiness tends to grow with age!

Source: Business Insider

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