

**GET RID OF THE BLUES**

Steven Valvo

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Once people get into a funk, they often cannot notice anything positive going on around them. They are experiencing the world through defective filters. The Law .

### **Ten ways to beat the blues at any age | Psychology Today**

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We all "get that," of course, but when we're in the lower ranks of emotions, it's not.

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## **How to Get Rid of the Blues in College | College News**

Who are these people and how exactly are they getting rid of all these Monday blues? You will some time look at these hard-working and dedicated people and .

## **6 Ways to Get Rid of the Monday Blues**

This was originally broadcast live on 8 or depending on your world time zone. The live broadcast originated in.

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