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Andy Puddicombe, founder of the much publicised Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the here and now. Here he

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Irritability: causes, symptoms & diagnosis

Irritability has many causes that can be divided into two categories medical and mental. Common medical causes for irritability include: toothaches

Causes of irritability and tips to treat

Irritability is the extreme response to stimuli. When a woman is undergoing menopausal transition, she experiences various types of physical and emotional effects.

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How do you respond when you re around irritable people? I don t know about you, but they just sap me of energy and often can ruin at least part of the day.

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Moody? -- natural ways to treat irritability -

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Irritability - pms comfort

PMS irritability is real but you can get natural relief. Stress can cause PMS and premenstrual irritability, and PMS irritability causes more stress.

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Irritability - symptoms, causes, treatments

Learn about Irritability on Healthgrades.com, including information on symptoms, causes and treatments.

Amazon.com: the irritability cure: how to stop

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