

Chapter 1 : NPR Choice page

On most technical devices, it means going back to the original settings, or returning to the starting place. In this case, we're talking about an emotional reset, which means getting back to your sense of you that is separate from everything you do.

But to me, all of these things seem like slapping a band-aid on the gaping flesh wound where your heart used to be: You have to be patient. I know, that sucks to hear, but the only way around it is through it. And not just your interpersonal relationships, but even the relationships you have with your job or your identity or your possessions. But because humans rely so much on our social lives to survive and thrive, our relationships with each other carry an extra special weight. Therefore, when you lose a relationship, especially one that was so important and central to your everyday life, you lose that associated meaning. And to lose meaning is to lose a part of yourself. So all of these things are intimately connected – your relationships, your sense of meaning and purpose, and your perception of who you are. That feeling of emptiness we all feel when we lose someone we love is actually a lack of meaning and lack of identity. There is, quite literally, a hole inside of ourselves. But the hard pill to swallow here is this: In order to restore that meaning through reconnecting with people, however, you need to make it about more than just you and your past failed relationship. Yes, you need time to vent and to figure things out, and having someone there for that is helpful. We should be together forever! First, we tend to see the past through rose-colored glasses. Toxic relationships only ever survive on drama, and as the drama ramps up to keep the relationship going, you become dependent on that drama, or even addicted to it. You start thinking that irrational jealousy or controlling behavior or dickish and snide comments were somehow actually signs of their undying love for you. I think you should, and doubly so if your failed relationship was a toxic one. Rushing out to find someone to fill that void without really figuring out what you want and what you need see below is a recipe for recurring relationship disaster. So one of the best things you can do is figure out who you are, what you need, and how to get those needs met. And to truly know that, you have to figure it out on your own. Relationships end when someone decides the cost of not getting their needs met is no longer bearable. Our fundamental emotional needs include: Feeling important or superior; feeling challenged. Feeling understood and appreciated; shared values and experiences. Feeling safe and reliable; feeling trust. We all have these needs in our relationships, but we all prioritize them a little differently. And disproportionately valuing one need over the others often causes issues in our relationships that might even develop into long-term patterns. That said, there are a few books out there that I regularly recommend to people.

Chapter 2 : How to Reconnect With Your Higher Self: 13 Steps (with Pictures)

Dear C, Thanks a lot for your kind words and for sharing your experience. Regarding your question, I recommend to look at creativity as an intimate process and not as something external that happens only if you're lucky that day.

Contact 10 Ways to Reconnect to Yourself Sometimes everyone needs a reset. Life gets too crowded, energy pours out in every direction like a bad plumbing leak, problems abound, demands are high, and you are just worn out. This can leave you feeling depleted, overwhelmed, used up, fragmented, out of control, and discontent. These are signs that you have become disconnected from yourself. So the obvious question is "What exactly is a reset? You get on the front end instead of the back end of things. You can be proactive instead of reactive. Identify your core values. What are your core values? Are your activities in keeping with those values? Do you feel good about what you do, how you are behaving, who you keep company with, how you express yourself, or how you treat yourself? Taking regular breaks to identify your core values and realign yourself with them if necessary. Make this a priority. Have real conversations with intimate friends or partners. Conversing with people you love, respect and feel kinship with can be energizing, confirming and ultimately calming all at the same time. You may even wish to use these conversations as a way of checking in on your core values. However, any kind of conversation with close friends or partners you trust, that are intimate or have depth can really help reset your mindset and remind you and confirm for you who you are. By feeling connected with real friends, you can regain some sense of connection to yourself through your interactions with them. Just by writing what you think, how you feel, what you want to do, what your plans are, what your dreams are, or whatever you want to write, you get some clarity. John in his audio program called The Power Habits System that refers to this mind debris. He calls it "head trash. And as we know, trash clogs and blocks the flow. Writing is a perfect way to empty the mental trashcan. By putting things on paper, we can begin to sift through the rubble for diamonds we want to keep, and other stuff that needs to be worked through or processed, and then other stuff that needs to be discarded by letting go. Writing is a way of clarifying and releasing. Drive out of town. This is a method of reconnecting to ourselves? In fact, travelling of any kind is often used by creative types to stir up ideas and create new perspective on things. When you get in the car and start driving, your mind goes into a different mode altogether. A different kind of focus occurs. Even if your mind is racing, you are more able to focus on the thoughts you are having without outside distractions. Sometimes that can be a little iffy for driving, but it seems to happen anyway. When you actually begin putting distance between yourself and your town or city, you get a different feeling altogether. There is some release and sense of space opening up. You breathe a little bit. You are away from your house and all of the chores that need to be done, and away from your office or work with all of the work that awaits. You have to drive, so you have permission to take a break. There is something really calming about that, and when you slow down mentally and emotionally, ideas and solutions begin to surface. Thoughts about the bigger picture come into focus. You are temporarily off the roller coaster and you have no way to get back on for a while. Walk outside without music. Walking has been shown to increase creativity through research, so there is no doubt about that. In addition to creativity, walking outside in particular has even more benefits. It connects you to nature and takes you a little outside of yourself. You feel yourself as part of something bigger and grander which reduces your sense of isolation and helplessness. It reconnects you to your body in a way that is not strenuous, but is calming, and reconnects you to the earth and the whole world of life of which we are a part. The caveat here is to walk without listening to music or any type of audio program. This is fine when the goal is exercise primarily, but for purposes of our reset, walking in silence and listening to the sounds of nature is key. Turn off the technology. This one is pretty self explanatory, and most people are aware that being glued to our computer, cell phone, tablet, TV, iPod, not to mention email, Facebook, Twitter, or any other social media can consume huge amounts of time in which we are absorbed outside of ourselves. I am just saying that indiscriminate use of technological devices can take up and waste a lot of time. Take some time off and see how it affects you. Try a day in the house with no TV on, or no music, or no computer time. Put down the glass of wine. It might give you some temporary respite, but then the problems come back with

greater energy. You want to move into yourself, not away. A whole food diet, mostly plant based with healthy fats can do wonders for your state of mind. You will feel calmer, more in control, and have more emotional reserves to deal with stress. Diet has a major impact on your sense of well-being. This is a no brainer, but actually is something many people skimp on including myself. If you get up early in the morning and then work a long day, you may also have difficulty in winding down at night and going to bed early enough. The problem is that sleep deprivation has significant negative consequences to your health. According to the Center for Disease Control, people who experience sleep insufficiency are more likely to suffer from hypertension, diabetes, depression, obesity, and even cancer. Sleep deprivation also reduces productivity. Adults need 7 to 8 hours of sleep a night. Meditation practice that is done on a regular basis has the effect of creating mental space characterized by greater calmness and mental sharpness. Meditation is also the great equalizer for runaway emotions. The type of meditation you choose is up to you, and will likely depend on what seems most appealing. A simple type is to watch the breath going in and out. Another popular technique is the practice of mindfulness. I would suggest doing a little research and then pick a technique to try. Once you find something you like, you need to do it consistently. Even 10 minutes a day for starters is fine as long as it is daily. The effects of meditation increase over time with consistent practice, and the effects are both subtle and powerful. Try it for 30 days to give it a chance to have an impact, and to establish the habit. It works best if you do it early in the day, and at the same time every day.

Chapter 3 : reconnecting parameters with catalog (lightroom) | Adobe Community

Spirituality here is about finding your way back to your original state of pure joy. It's about reconnecting with the eternal, the source, the spirit, whatever you like to call it. And then, just enjoying the miracles unfolding!

Reconnecting With Your Sister: Beneath the typical sister-to-sister banter and squabbles, there is an untouchable love that no parent or another sibling can interrupt. Girl to girl and sib to sib, sisters create a remarkable foundation of love and comfort with the right activities to seal- and even heal- a bond that only grows with love and light. Sisters are more open and vulnerable with one another from childhood than with brothers. Watching my sister grow into a beautiful and confident woman was an incredible experience. Burns and bruises aside, we were vulnerable in front of one another, unlike the way I grew up and experienced things with my brother. Sisters see personalities become born, and they also see the emotional turmoil that is growing up as a female. To maintain this level of vulnerability and story making between sisters, there is value in setting time aside to get comfy and watch a movie! Movies are a great bonding activity. Experiencing a movie together with just the right snacks and beverages is key to melting away any fears and shedding any distractions from the day. Sisters love a good romantic comedy and some comfort food, like popcorn with a load of butter or nachos with a side of guac! Rom coms can tap into some emotions that might otherwise never arise in someone. The experience of the movie can open up some conversations about plot twists and supporting characters, which eventually can hit at the observable emotions that erupted during the breakup or after the get-together. Movies break any tensions and ease conversations. Nothing has to be about you or her! Simply talk about the movie, I can almost guarantee conversations will bring up personal and vulnerable topics, and eventually a BuzzFeed quiz to determine which lead character in the movie you are most like! Nothing beats driving with your sister down a long stretch of road, blasting music with the windows down in the late summer and anticipating the taste of cookie dough ice cream melting on your tongue! Caring for yourself is caring for other more. When you decide you want ice cream , consider your other half. Would she want an ice cream, too? Driving with the music blaring out of the speakers and singing along to the band or just venting about a day at work with your sis on the way to some deliciousness is a great way to wind down together and connect over the simple and routine things you do day to day. Try your old ice cream spot from high school. Sharing memories of the infamous ice cream store near your childhood house always sparks conversation and delight, reminiscing when times were fun and carefree, without responsibilities. Next, pick a station or a playlist! Music can make the drive more pleasurable and alleviate any awkward silences or conversations. However, sometimes prioritizing silence so the conversation can ensue is the best way to experience a bonding drive with your sis. Talk with your sister about dating, work-life balance, and the best coffee spots in town. The biggest thing with bonding is being present and open. Ever walked past people in the park posing in obscene positions on mats, ohming loudly across public streets? Yoga is more than just crazy poses and breath work; it is a bonding experience. Yoga is a healthy way to get out of your head and be part of a community. Lying side by side in savasana, corpse pose in Sanskrit, you can close your eyes and remind yourself of why you came to class that day- and the answer rings loud and true: The experience of doing something totally out of your comfort zone, like yoga, can ultimately set up some exciting firsts for you and your sister to experience together. Getting in a workout is a great way to motivate your sister to join you, and the bonding only follows. Love on yoga or hate on yoga, the activity can be defined as both active and restorative, which gives little wiggle room for your sister to bail or shrug the opportunity off. Sign me up for a weekly summary of the best articles published on the blog weekly Your email is safe with us. Pinky swear
Top Stories:

Chapter 4 : 3 Things You Can Do Today To Reconnect With Your Partner

One of the smart things that LinkedIn has done to put this piece of communication and reconnecting with its original members into context is that LinkedIn reached a milestone last week when it reached million members.

How many times have you walked in the door after a long work day and expected your partner to greet you with open arms and a delicious meal? How many nights is your bed calling you to hop under the cozy covers and your partner is just sitting down to start her next Netflix binge? Some of you are not having sex and want to be, and some of you are just not having sex that you enjoy and wish you were. At the core we all want to grow old with someone we love. We have TWO deep needs as humans: We have an innate desire to nurture another and to be nurtured ourselves. The second deep need is for meaning. Well, love and relationships provide that meaning for us. They give us a reason to get up every morning, to better ourselves, to grow. Your inner beauty, your gifts, your self-worth deserve to be recognized, cherished and honored by another. There are three things you can do today to reconnect with your partner and come back into rhythm with each other. Ideally, you should do these every time you are apart for a while or each time you are feeling separate from each other. Step 1 Create a sacred space in your home that is reserved solely for reconnecting and being together. The suggestion is that it is not your bedroom but a separate place. It can be 2 chairs next to a window with a candle. It can be a spot in the hallway with a pretty painting nearby. You can designate an entire room. Put something simple and beautiful in the space and reserve it only for reconnecting in love. Step 2 Make eye contact. Couples stop looking at each other after a while. This is a tantric exercise called Eye Gazing. Sit or stand facing each other. Point to your right eye so that your partner knows where to focus. Shifting your eyes around can be distracting. You are naturally creating an energetic cycle between the two of you bringing you back into rhythm together easily. It may be hard at first to Eye Gaze with your partner. Work on allowing yourself to be seen. Stop giggling and drop into your heart. Remind yourself that this simple practice is a relationship saver. Step 3 Breathe together. Begin with Eye Gazing as described above and add Harmony Breath by breathing in and out together. One of you lead, the other follow. Make your breath more audible and noticeable for your partner so they can follow easily. Breathe in together and breathe out together. Practice this for at least 5 minutes. Again, keep going, take it seriously and notice the energy shifting. Doing this every day will change your relationship. The challenge is to come back.

Chapter 5 : Reconnecting With Your Sister: 3 Activities You Will Both Enjoy

Reconnecting with Your Original Impulse with Cynthia Morris Cynthia Morris is an author, artist and business owner, who has learned how to love being at the scary creative edge. She knows firsthand what it takes to finish and ship books, art, businesses and ventures that are both profitable and innovative.

How Can I Reunite With My Ex Boyfriend If your are reading this most likely because you are looking for advice on how you can reunite with your ex boyfriend. I will do my best to help you achieve that goal by sharing a few techniques that have worked for me. Hopefully they will work for you as well. In trying to repair a broken relationship, the first "and hardest" question you have to answer is "Why? By: In reaching out for help from online relationship resources, the last thing you need is some money-grubbing cyber-scamster trampling? By: Why Reconciliation Sex With Your Ex-Girlfriend is Better Have you ever broken up with someone or had an affair, then realized that your original relationship sex life was better for it? Couples do this all the time. Human beings naturally want to explore, fantasize, create, and bring richness to our lives. When we do this, we come to? By: Dub Jackson that claims to have all the methods and strategies that will guide you through and help you getting your ex back. The ebook is a step-by-step guide on what you need to do to get your ex back. Does any of these? By: Then this article should prove of great importance to you. Separations are today, unfortunately, something very common and more or less accepted "normal". Whoever is left of you plunge back often enter a downward? By: And, of course, you see no way to get your ex-girlfriend back. Have you discovered that your spouse has had and affair, but you still have strong feelings for them, and want to find the love that you once had, and are longing to fall back in love again. It is very difficult when you discover that the love of your life? By: Gets you out of a desperate mindset? By: We want to continue to be we. But "love tool" is worn and scratched! We fight about the wrong things, and we argue above all on the same things over again. In this article I have collected the best "new" tools for improving communication in relationships! From a young age we learn that the life-long love with someone is what we should strive for. Despite this increase in separations and? By: First of all, you should allow a time window of 30 days of no contact from your husband after separation. Is it too late or we can be together? When you write down the answers to these questions, you help yourself to take an informed and rational decisions. If you wish to leave the relationship, you should first consider whether it is at all possible to solve the problem. Your mind gets filled with thoughts of them together, and you wonder what he has that you never had. No contact is a simple and effective strategy, but you need to be resilient in sticking to? By: The good news? By: After over 10 years, in they split for a while, but reconciled the following year. Several months into the? By: There is obviously a big blow to be left by a loved one, especially given how much of life you two lived together. What happens in a situation like the one you describe are that you end up in a mourning process that subjected the feelings of tenderness, despair and? By: Well, first of all you need to be honest about what has happened. Dying is not like they made a decision to leave. How could they do that? I know how you feel. I woke up one morning and found a wedding ring and a? By: I would certainly hope that your answer is yes I want to make things right and try to get back together.

Chapter 6 : 50 Ways to Connect with Yourself and Life | UnbelievableYou

Last night, I had a mindblowing experience. A design experience. I sat down with Milford Cushman, of the Cushman Design calendrierdelascience.comd is a close friend of the family, and is one of the most talented architects I've ever met.

My father was an avid hunter and fisherman, and took me out with him whenever he had the chance when I was growing up. I never did catch the bug for hunting, but I still fish to this day. It helped growing up in a semi-rural setting in an era when children could pretty much roam free through the neighborhoods and surrounding countryside. Nowadays, though, there is a real concern that children and adults are suffering from a condition known as I have always had a good connection with the outdoors. Nowadays, though, there is a real concern that children and adults are suffering from a condition known as "nature-deficit disorder". Too much time in cubicles, too much time in adult-organized sports, too much time spent playing video games and surfing the web and chatting and All of these things and more have led to a situation where we as a society have become disengaged and disconnected from the world of nature around us. Author Richard Louv tells us that this is an inherently unhealthy situation, unhealthy for us as human beings, and unhealthy for the Earth. We have ceased to be good stewards of the land and have turned inward. So what can be done to reverse this unhealthy trend? Louv turns to a philosophy that he calls the Nature Principle. Simply stated, the Nature Principle is "an amalgam of converging theories and trends as well as a reconciliation with old truths. This principle holds that a re-connection to the natural world is fundamental to human health, well-being, spirit, and survival. Louv reviews a number of anecdotal stories and empirical studies that show that increased interaction with nature has myriad benefits, both physical and mental. This is not too surprising. The reality is that we are only a few generations removed from an agrarian economy where almost everyone had a deeper connection with the land. We should know intuitively that getting outside and "playing in the woods" is good for us as physical and spiritual beings. The trick, of course, is "how? From ideas that we can do as individuals tending native plant and vegetable gardens to things we can do as communities camping clubs, pocket parks , Louv provides a wealth of information on how we all can increase our interaction with the natural world, even if we have physical or mental limitations that prevent us from becoming completely immersed. Louv also makes a welcome distinction between the terms "conservationist" and "environmentalist". Environmentalists and conservationists have often been at odds, despite their shared interest in the common good of the land. Louv argues for a newer paradigm, finding common ground between the two groups and working towards a productive partnership. I am totally on board with this. These two interests MUST find a way to work together if we are to truly re-engage with nature as a society. Louv takes great pains to demonstrate that getting back to nature must be a collective effort, spanning professional disciplines from medicine to architectural design. Modern technology must be made to work in concert with nature, not against it. Now that may seem like preaching to the choir, but I think that active nature lovers like me are the primary people who can spread the word. Sit on your porch, eat your lunch outside, start a community garden or a community park playgroup. This book is an excellent resource on how to get it done.

Chapter 7 : How to Get Over Someone and Move On with Your Life | Mark Manson

Poorly conceived design divides us in urban areas from our wilds and has contributed to seeing nature as something isolated from us; this actually diminishes us. This post details how architecture and urban design can bring us back to nature, in schools, cities, workplaces and hospitals, with numerous benefits.

Click here to learn more! Poorly conceived design divides us in urban areas from our wilds and has contributed to seeing nature as something isolated from us; this actually diminishes us. This post details how architecture and urban design can bring us back to nature, in schools, cities, workplaces and hospitals, with numerous benefits. Wilson A recent, satirical New Yorker piece by Andy Borowitz quoted a fictitious resident who blamed scientists "for failing to warn us of the true cost of climate change. They always said that polar bears would starve to death, but they never told us our lawns would look like crap. To many people, the impact of a changing environment seems distant and completely separate from our existence until we are directly confronted with the negative results. Poorly conceived design divides us in urban areas from our wilds and has contributed to seeing nature as something isolated from us. Yet reinvigorating our bond with nature is a challenge architecture and urban design are well placed to address. Architects and designers have control over our built environment; by changing the way we design cities and buildings to connect to rather than disconnect from nature, we can change our proximity to nature and shift our physical relationship to the environment. Obesity, ADHD, autism, a decline in creativityâ€”these are all connected to a lack of environmental connection. Unfortunately, this estrangement from nature has not only directly impacted our health, it has impacted our ability to respond to crucial modern challenges, such as climate change, because these dire environmental topics feel removed from us. The environment appears distant because we designed it as such. When living and working in nowhere places becomes normal, it is no wonder that we literally lose some of our sensitivity toward nature. Through the daily experience of the designed environment, we learn detachmentâ€” As nature has receded from our daily lives, it has receded from our ethics. Humans have an ingrained desire to connect. Instead, they persist from generation to generation. For the indefinite futureâ€”urban dwellers will go on dreaming of snakes for reasons they cannot explain. In this way, designers can revive an awareness of the natural systems that affect us and recover place-based knowledge. The advantages of interacting with and seeing nature are numerous. Beyond technical benefits, feeling the presence of the living world around us elevates the spirit. Supporting this movement, many architects and urban designers are inventively finding ways to reconnect us with the touch and feel of our wider biological community. Schools that get children outside into natural places find that their students perform better academically this has proven especially true for low-income students and are more engaged and motivated to learn. These benefits come in addition to decreasing the need for disciplinary action, reducing stress, and increasing student attention spans. But the gains are not just performance-basedâ€”it turns out that the outdoors even improves vision and increases Vitamin D levels, all advantages that make students healthier. There are some great schools that strive to put children outside and reflect this philosophy in their design. This daycare, designed by Henning Larsen, includes large south-facing windows, a green roof, and gardens to allow children to play outside throughout the entire year. Fuji Kindergarten in Japan Physically encircling a tree, the innovative Fuji Kindergarten, designed by Yui and Takaharu Tezuka, highlights nature as a teacher every day. The children can play on an outdoor structure that surrounds the tree, climb the tree itself, or just admire the tree from every room in the school. The school furthers its connection to nature with lots of glass and open air, which means the outdoors flow seamlessly into the indoors. This proposal, which I designed for a public school in the Bronx zoo, was aimed at rectifying this problem. Hospitals Connecting patients to nature has been innately valued for centuriesâ€”the first health centers were at remote monasteries intended to foster the tie between healing and the environment. Now, a growing body of modern scientific evidence supports this notion; patient outcomes appear to be closely related to interacting with nature. Connection to the natural environment has been shown to improve overall healthcare quality in multiple ways by reducing staff stress and fatigue, increasing the effectiveness in delivering care, improving patient safety, and reducing patient stress. All this

leads to improve health outcomes and patients who are happier and heal faster. Hospitals foster this by having views, natural light, and access to gardens or the outdoors. The few following hospitals do this exceedingly well. Community Hospital of the Monterey Peninsula in Monterey, California Designed in the early s on the California coast, the Community Hospital of the Monterey Peninsula was ahead of its time in pulling the outdoors inside a healing environment. The patient rooms and public spaces have large panoramic views of the surrounding forest, gardens, and courtyards and a flow between all the indoor and outdoor spaces. It has been recently expanded and remodeled by HOK to be state of the art while maintaining the original natural tranquility. In so doing, the hospital reduces the stress of the patients, their families, and the staff and creates a safe and warm atmosphere within the center. Children Psychiatric Center, Genk, Belgium. Photo courtesy of OSAR. Various studies have repeatedly shown that access to outdoor gardens or parks, indoor plants, and windows with views of natural places reduce worker stress levels. Beyond manipulating stress levels, it appears that employees are also happier and more productive with a connection to nature. And firms greatly benefit because sick leave and worker turnover is reduced. With all these advantages, it is no wonder that creating contact between nature and workers is happening in offices, manufacturing plants, and every type of work environment in between. Photo by Greg Williams. Ford Rouge Factory in Dearborn, Michigan A historic manufacturing facility that had been deemed a heavily polluted brownfield site, Ford transformed the facility into a vibrant, sustainable new factory. Nature takes center stage at the facilities, which boast the largest green roof in North America, various treatment ponds and gardens, natural vegetation, and ample day lighting. As a result, the productivity of the workers increased and sick days decreased. Selgas Cano Offices in Madrid, Spain Within the urban area of Madrid, the architectural firm of Selgas Cano made waves with their design for their own office. Sunken into the ground, curved glass opens the office up to spectacular and unusual views of the surrounding woods. The space is filled with natural light that bounce of the bright interior colors. Reportedly, employees love working in the space. Cities In urban areas, the expanse of human construction can particularly estrange people from the environment, so it becomes crucial to consciously give residents access to natural places. A recent Danish study by Stigsdotter and colleagues found that people who lived more than 1 kilometer away from green space were generally less healthy. They also showed worse vitality, were at higher risk for depression, and reported higher levels of stress and pain. These advantages must partly contribute to the increased values of real estate adjacent to urban green space. Some cities are working hard to bring nature into the urban core by creating or revitalizing parks and seeing green space as an essential element in their infrastructure. Cheonggyecheon stream in Seoul, with a highway running over it. Cheonggyecheon in Seoul, South Korea A stream runs through the center of Seoul, but for decades, most people would never have known. After years of polluting the Cheonggyecheon river, the city covered it in with an elevated, 8-lane highway, hiding the river from view. But in , the mayor began an initiative to improve traffic and restore the river. The Cheonggyecheon park opened in , bringing people into close contact with the water and newly established parks through a central urban corridor. This project revitalized the local businessess, improved transportation, and made the citizens happy by providing them with a delightful green space and reconnecting them to their historic river. Cheonggyecheon stream in Seoul. David Maddox In partnership with nature With nature providing such joy and many health benefits, it is time that architects and planners leverage designs that highlight the environment in our built spaces. We can hope that beyond making a healthier and happier world, we can also prompt a more ethical relationship to nature. Designs that grow out of and celebrate place ground us in place. Designs that work in partnership with nature articulate an implicit hope that we might do the same. She is interested in how design shapes society and the environment and has expertise in empathy, sustainability, and biomimicry.

Chapter 8 : Reconnect Missing Files? | Adobe Community

Reconnecting With Your Sister: 3 Activities You Will Both Enjoy Aug 25, By Jane Sisterhood is much deeper than childhood fights over shot-gun in the car and bike races down the street to the nearest general store.

Chapter 9 : Reconnecting Page 1 - Sorted by Article Rank High to Low

Additionally, your original library and catalog are still available as a backup and you can even compare their structure to find out the reasons of duplicate folders. I don't see where reconnecting would be useful in the process if you use the sweeper to simply erase from disk the bad duplicates.