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I find that engaging in the constant fighting on social media, namely Facebook, is having an adverse affect on my interpersonal relationships. I get aggro. I get mean. I even overcompensate in attempts at written humor. Apparently opening oneself up to other people's rage, ignorance, lies and misery manifests itself negatively in my own life.

Hulk Smash: Rage At Puny Social Media

"ACTIVE RECOVERY & THE DIFFERENCE BETWEEN REST DAYS AND RECOVERY DAYS. You may be surprised to learn that there is a difference between rest and recovery" though both are crucial in enhancing performance.

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