

How to Act Around People With Special Needs

- Treat them as your equals. ...
- Stay calm if something happens. ...
- Smile, and be friendly. ...
- Make small talk with them. ...

Negative effects of social media on people

- Depression and anxiety
- Damage to personal relationships
- Social isolation
- Negative health consequences

How To Improve English Speaking Skills

- Make Sure To Listen As Well As Speak. ...
- Record Your Conversation Practice. ...
- Surround Yourself With The English Language. ...
- Talk To Yourself.

How to Revise Successfully

- draw up your revision timetable
- recall and summarize
- take breaks periodically
- Have fresh vegetables and fruit

How to be a successful business owner

- Start with a well-defined purpose
- Understand your customer.
- Create a support network
- Focus only on your primary operations at first

How to Stay Fit and Healthy

- Write up a meal plan
- Design your exercise plan.
- Eat regular, consistent meals.
- Drink adequate amounts of fluids.

Best Wishes / Adnan Al Sukhni