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Eating from a small plate for weight loss doesn't really help: Study; This dentist has revealed her weight loss workout and it's lit AF! 5 ways to not gain backPart of the purpose for telling the story of Christmas is to remind us that Christmas doesn't come from a store. Indeed, however delightful we feel about it, even as children, each year it "means a little bit more."Sales is a challenging profession and the demands of closing deals can take a toll on even the best sales professionals. To help alleviate your stress and keep you inspired to reach key sales goals, we asked experts to share their go-to motivational quotes.Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends.