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That kind of heat—the unprecedented, scorching, alien-feeling 115-degree kind of heat—isn't the kind of heat that makes you

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want to drink cocktails in a beach chair, but now that the “normal” heat is ...

*Beat the Heat by Making a Strawberry Cachaça Cooler*

Adopt a few good pizza grilling habits now, and you will be rewarded with beautiful grilled pizzas for years to come. I like to take my dough—which, I will be honest, is usually store-bought—out of ...

*You Should Grill Homemade Pizzas*

It sucks now, especially if you're in a job you hate or in a financial crunch, but hope

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is n' t entirely lost. Here's some advice from people who've been there—as the rejected and the rejecter. It's ...

*How to Bounce Back After a Job Rejection and Land the Right Job*

Our guest on The Upgrade this week is journalist Christopher Cox, who as a former chief editor of Harper's Magazine and former executive editor at GQ, knows a thing or two about managing deadlines. In ...

*How to Never Miss a Deadline, With Journalist Christopher Cox*

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After a lost year in the pandemic, you might be feeling like time is slipping through your fingers. Here's how to stop it.

## *How to Make Time Slow Down*

Taking on adult responsibilities is hard, but making adult decisions is even harder. Fortunately, Julie Lythcott-Haims is here to help.

## *How to Be an Adult, With Julie Lythcott-Haims*

Running injuries are common. So common, in fact, that an estimated 50 percent of runners get injured every year, with some experts

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thinking the actual number may be even higher than that. Common ...

*How to Take a Holistic Approach to Preventing Running Injuries*

Subscribe to our newsletter! Upgrade your life, one email at a time. Beth, Liferunner's senior health editor, has over 10 years' experience as a science journalist and is the author of two books.

*Your Guide to the Four New Sports in the 2021 Olympics*

Read on to learn what refurbished smartphones

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are, what you need to know before buying a refurbished iPhone or Android smartphone, and the trusted sources to purchase from. Although there's no ...

## *The Do's and Don'ts of Buying a Refurbished Smartphone*

Subscribe to our newsletter! Upgrade your life, one email at a time. Dr. Elizabeth Yuko is a bioethicist and adjunct professor of ethics at Fordham University. She has written for The New York ...

*How to Spot a Rotting Tree Before the Next*

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*Storm*

Video games offer a wide range of genres and gameplay styles, and there's probably a game out there for everyone. But despite the variety of experiences, jumping into console or PC gaming can be ...

*10 Video Games for Newbies Who Always Wanted to Become Gamers*

They'll help you track your progress. But don't expect them to be the same on another machine across town. Beth, Lifehacker's senior health editor, has over 10 years' experience as a science ...



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*Why You Shouldn't Trust the Numbers on Weight  
Machines*

Subscribe to our newsletter! Upgrade your life, one email at a time. For example, you can add the trademark symbol (™) next to Phrase and make tm the Shortcut. This way, whenever you type tm on ...

*How to Access the Hidden Symbols on Your  
iPhone's Keyboard*

Subscribe to our newsletter! Upgrade your life, one email at a time. Sam writes about work, productivity, relationships and

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everything in between. His work is featured in GQ, Rolling Stone ...

*How Movies Can Keep Your Dog From Panicking  
About Fireworks*

So get out your LEGOs, take a photo, and start building. Subscribe to our newsletter! Upgrade your life, one email at a time. Rachel Fairbank is a freelance science writer based in Texas.

*Scan Your LEGO With This App to Figure Out  
What to Build*

I have never been and never will be “above”

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eating a frozen pizza (once cooked, obviously). They are convenient. They are tasty. They are customizable. But cooking them has a way of heating up ...

## *You Can Grill a Frozen Pizza*

You might be one of those workers reckoning with what you want from work, and while it might be easy to get lost in the romance of closing the door on a chapter of your professional life ...

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