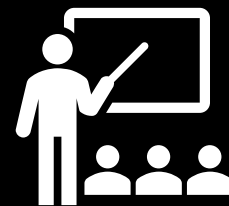
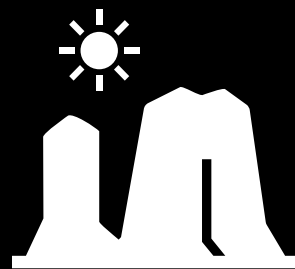
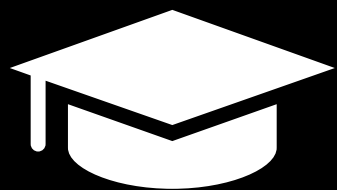
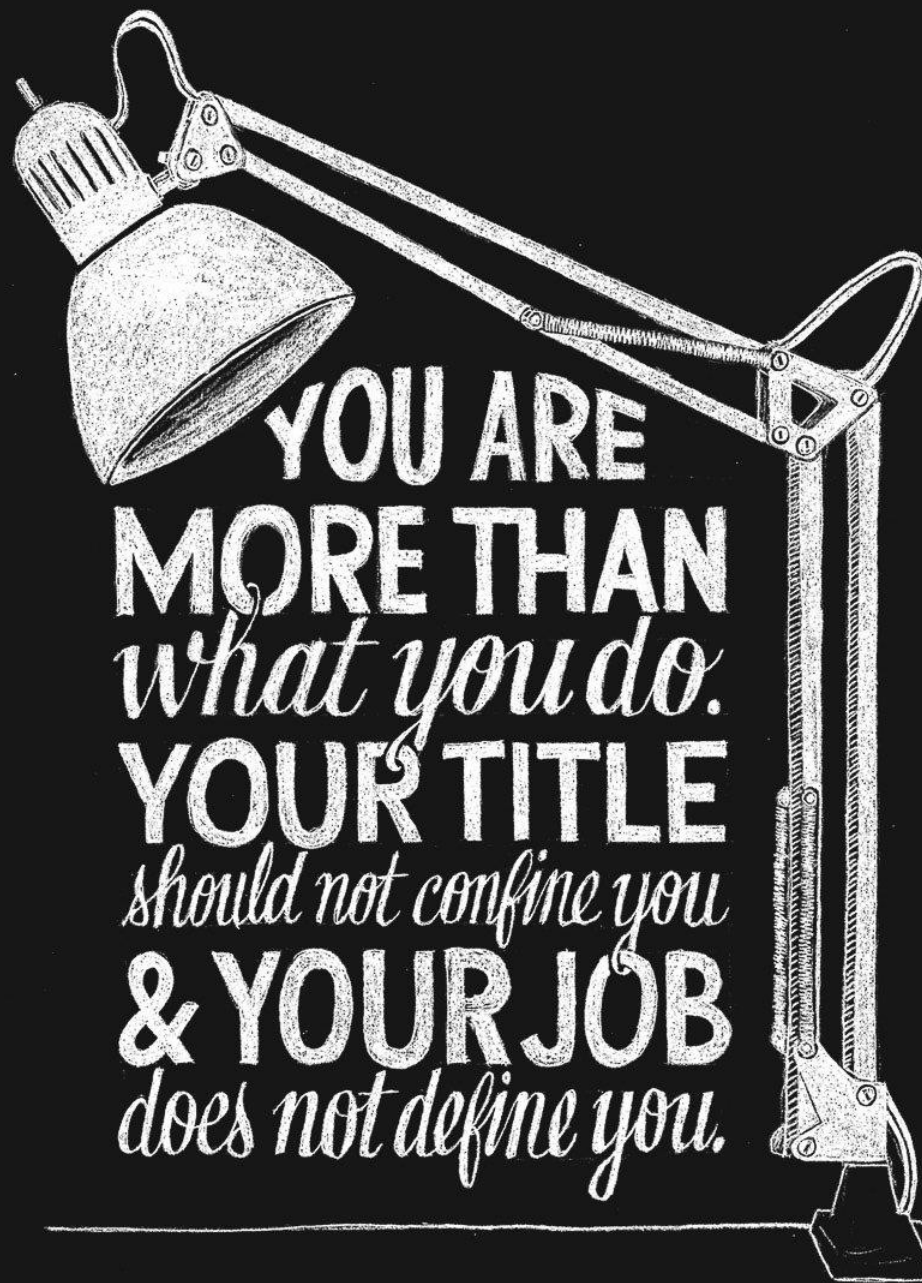




There is nothing more
certain and unchanging than
uncertainty and change.

John F. Kennedy





**YOU ARE
MORE THAN**
what you do.
YOUR TITLE
should not confine you
& YOUR JOB
does not define you.

C H A N G E





GOOD HEALTH
10-PAGE SPECIAL
STARTS PAGES 20-21

Daily Mail
WEDNESDAY MARCH 24, 2020

The good news? Newsagents to stay open - and CAN deliver the Mail to your door...

FREE DELIVERY FOR 6 WEEKS
DETAILS: PAGES 20-21

weekend
Daily Mail
EXCLUSIVE: Queen bans Harry and Meghan from using 'Sussex Royal' brand

PM's historic stay-at-home plea to beat virus

LOCKDOWN BRITAIN

Astonishing restrictions on daily life ++ NO travel unless essential ++ Don't see friends or family ++ Only one exercise outing a day ++ Fines if you don't obey ++ Mass closures of shops ++ All for at least 3 weeks

Brilliant new puzzles section with four extra pages of teasers to keep your mind active

Puzzles Plus

HOME DELIVERY
Plus sign up for our Free 30 Day Blue membership

The Daily Telegraph

End of freedom

Public gatherings of more than two to be outlawed with threat of fines

All non-essential shops to be closed as restrictions imposed for three-week period

Scientists told Prime Minister the NHS faced collapse unless he acted

THE Sun
FREE HOME DELIVERY FOR 12 WEEKS

Monday, March 23, 2020

HOUSE ARREST

PM: Brits must stay home

Police fines up to £1,000

Gatherings over 2 banned

Only shop for basics

CRAMMED SCENES ON THE TUBE THAT PROVED MEASURES WEREN'T ENOUGH

CORONAVIRUS CRISIS

BRITAIN ON LOCKDOWN

PM SAYS STAY AT

ALL GATHERINGS

ONLY ONE EXERCISE

for six weeks
Get the Guardian sent to your home, with no delivery charge

The Guardian

PM: 'Stay at home, this is a national emergency'

Johnson drastically restricts movement to combat coronavirus

Gatherings of more than two people in public to be prohibited

Police given powers to disperse groups and enforce lockdown

Inside
Read with features of events to return to the UK immediately Page 1

NHS plans to start at 10 hospitals in London to test for coronavirus Page 3

BRITAIN'S MOST TRUSTED NATIONAL NEWSPAPER

THE TIMES
Sunday, March 24, 2020 | thetimes.co.uk | P10 7205

Alex Salmond: not Scotland's former leader cleared of sex charges

'You must stay at home'

PM declares national emergency

Meetings of more than two banned

(PART 1)

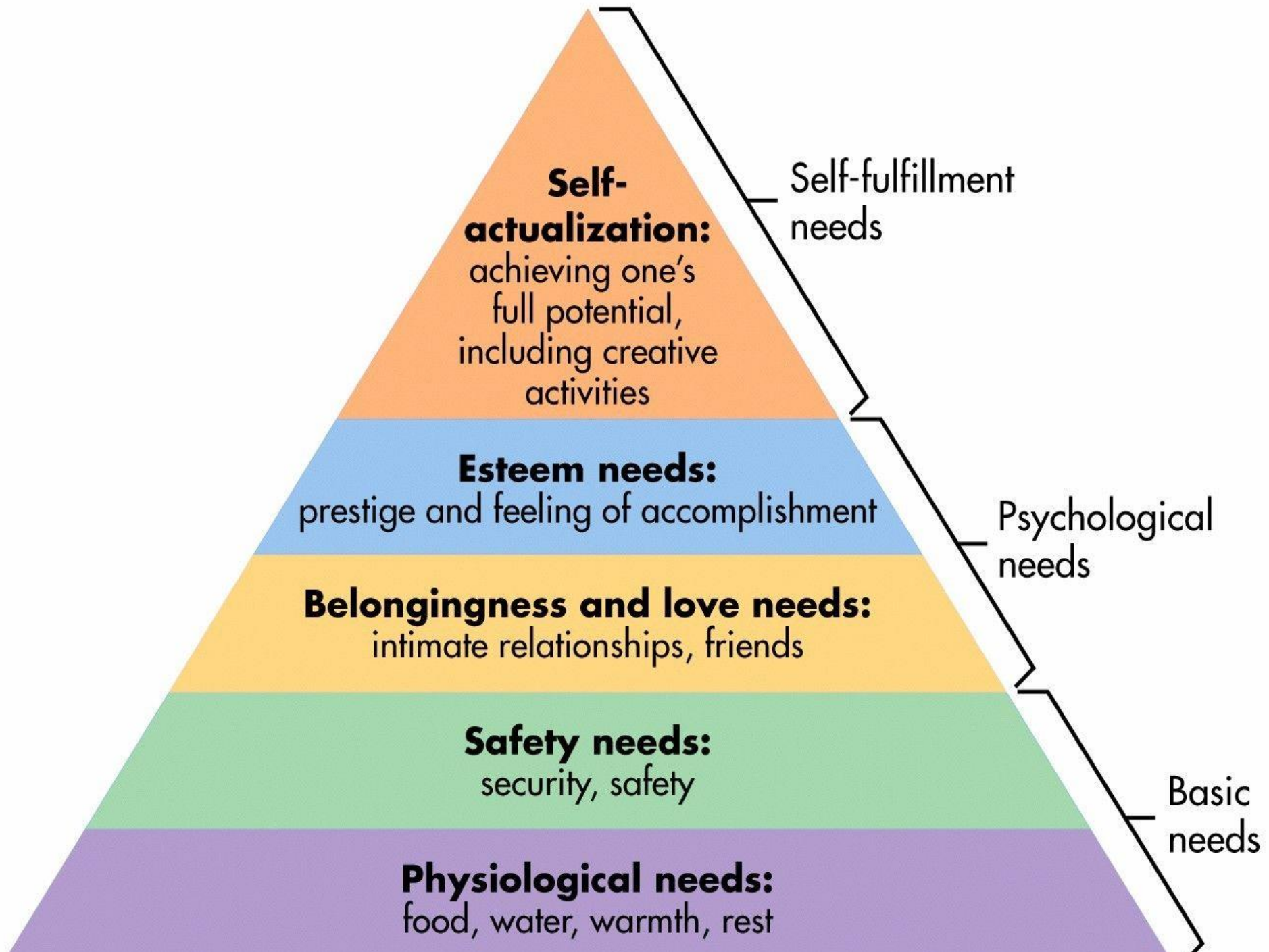
EVERYTHING 2020

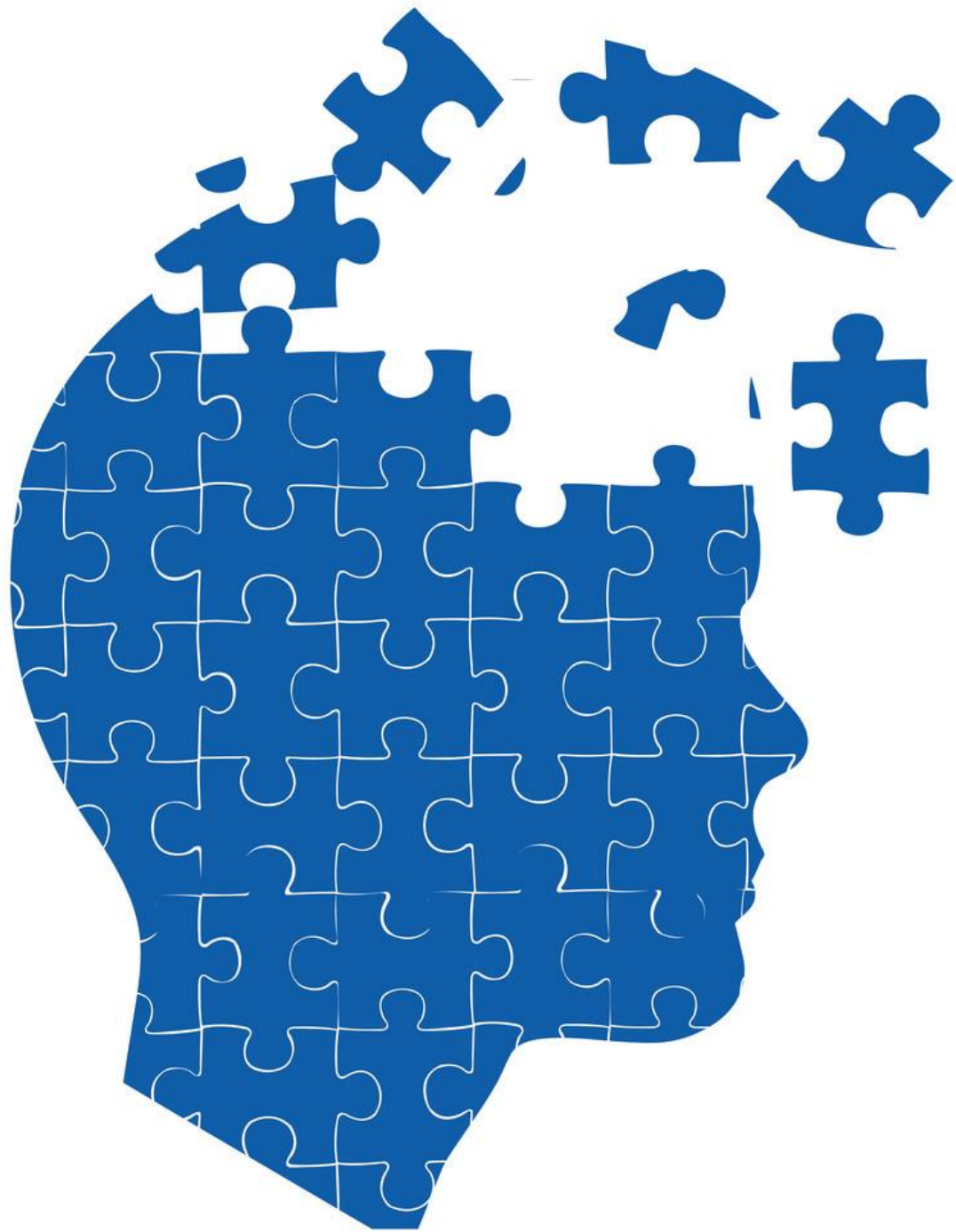
TAUGHT ME

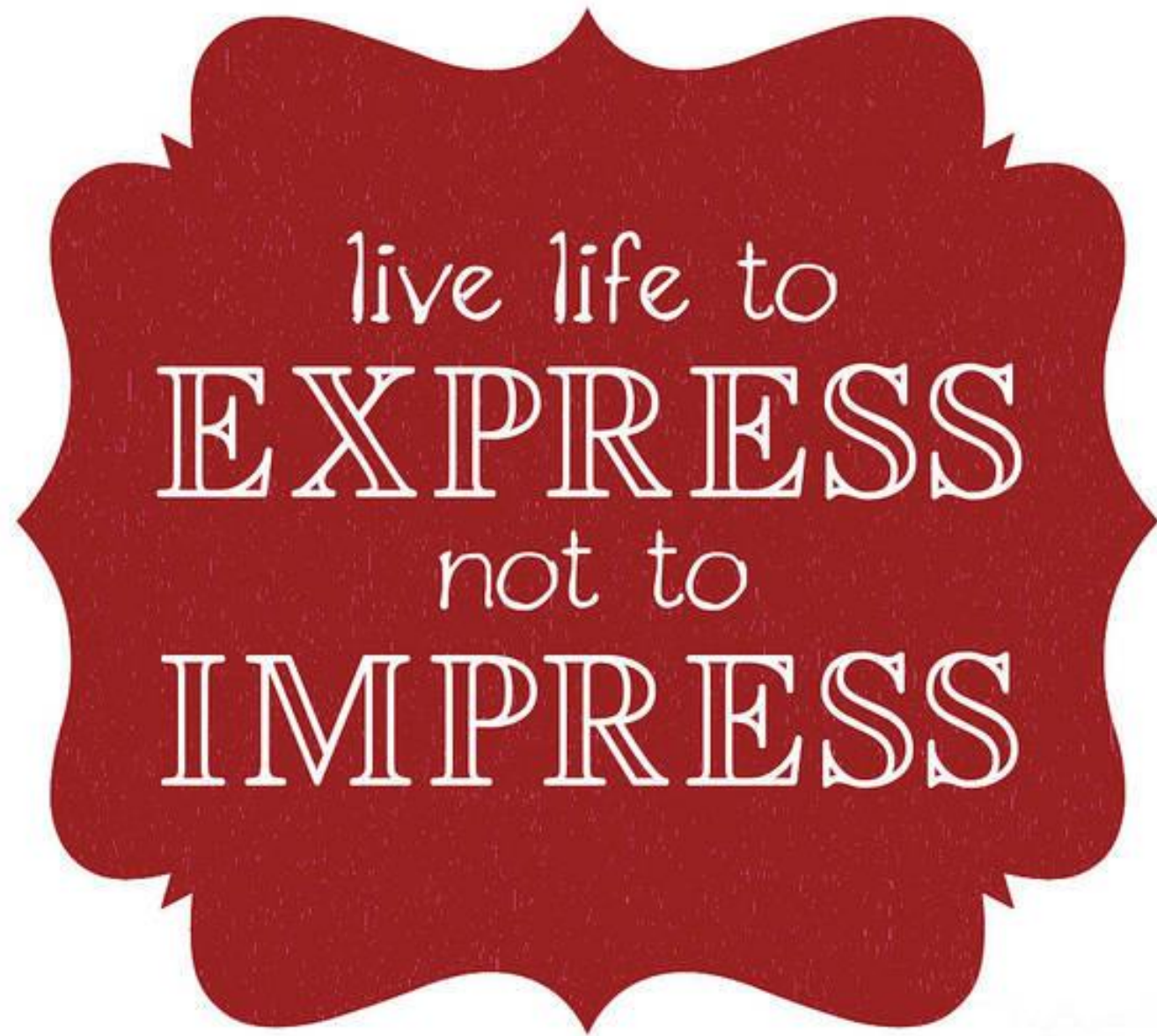
Uncertainty and change
are inevitable.

How we respond to them is
up to us.

stimulus.
responsibility.
The







live life to

EXPRESS

not to

IMPRESS

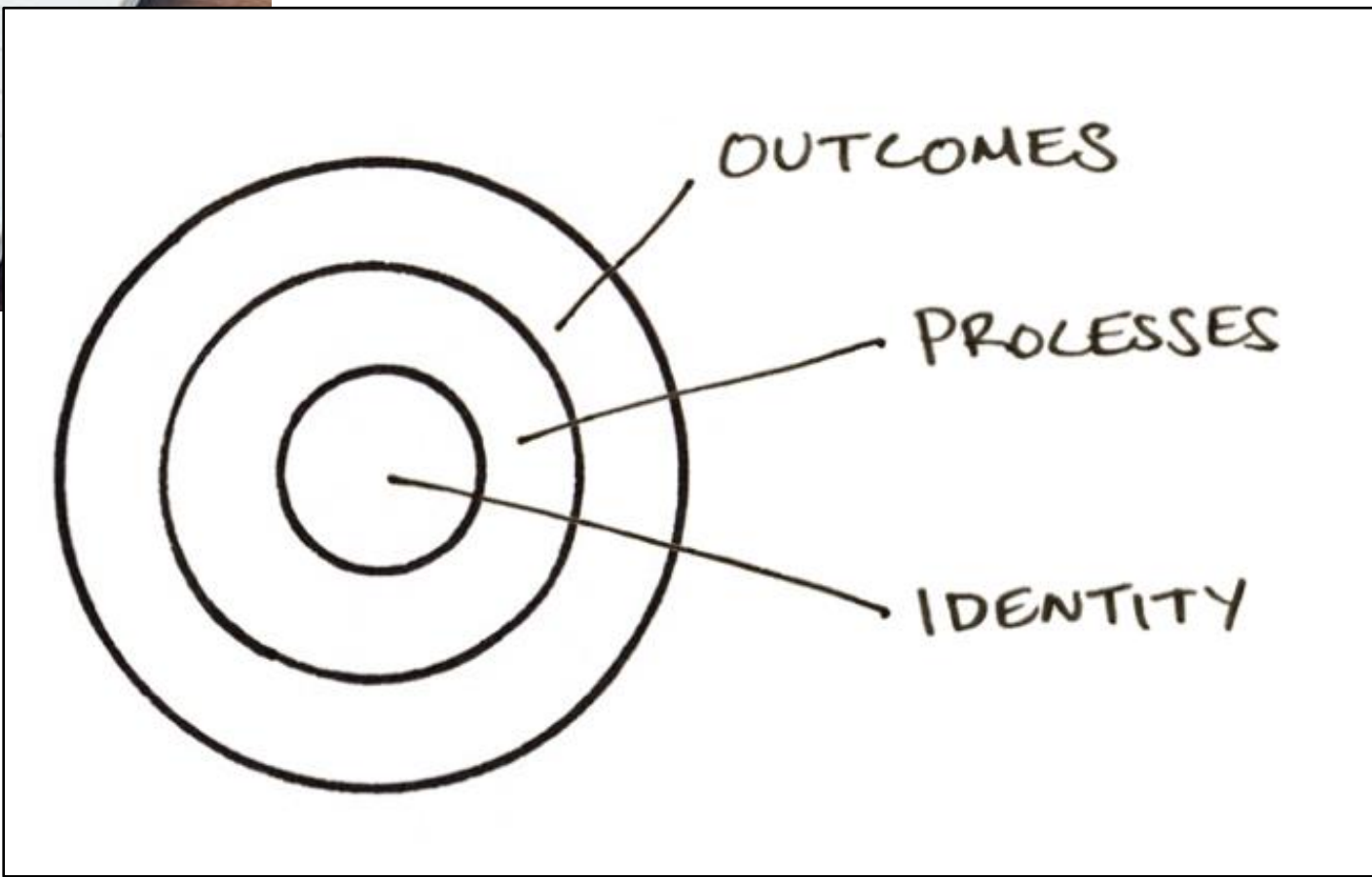


POST-LOCKDOWN
Resolutions

Post-lockdown

~~New Year's~~ Resolutions

1. Save money.
2. Exercise and get fit.
3. Find a better job.
4. Help others.
5. Travel.
6. Stop procrastinating.
7. Enjoy life.





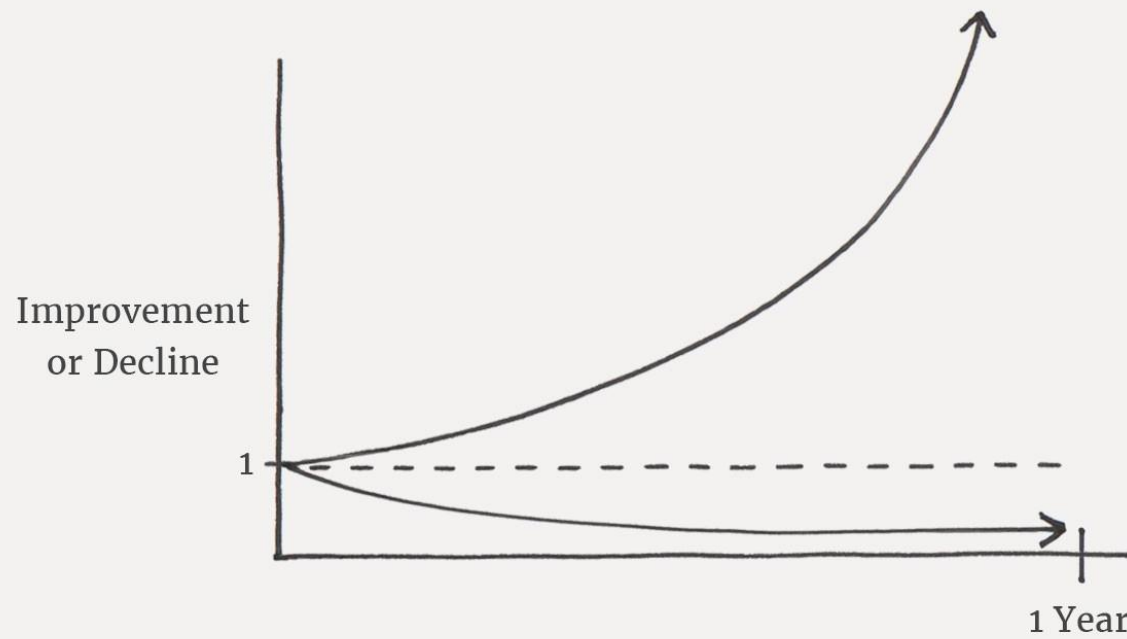
Their **coach improved**
everything by **1%**

This is the **remarkable**
difference it made



The Aggregation of Marginal Gains

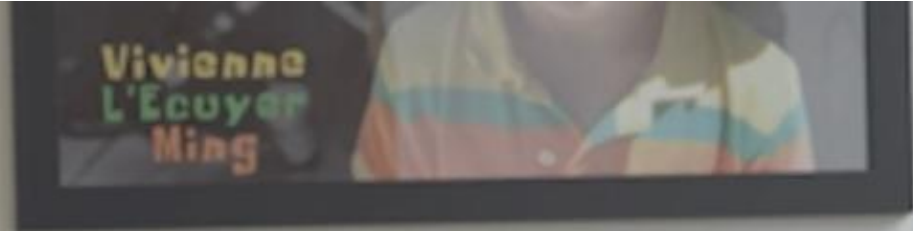
1% better every day $1.01^{365} = 37.78$
1% worse every day $0.99^{365} = 0.03$

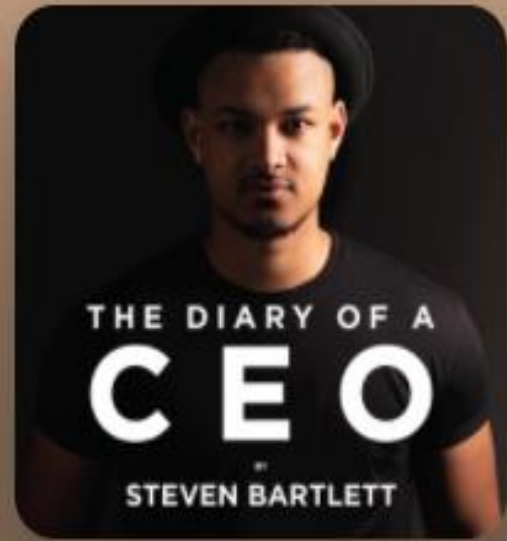


I have no special talents.

I am only passionately curious.

Albert Einstein





PODCAST

The Diary Of A CEO by Steven Bartlett

The Diary Of A CEO by Steven Bartlett



THE UNCERTAINTY EXPERTS

