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10/3/2017

WEEKLY



**WOMEN'S DAY
SPECIAL**

**For My Sisters:
Overcoming
Low Self-Esteem**
By Ndidi Nwuneli

**The Adverse Effects
Of 5 Drugs Commonly
Abused By Nigerians**

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Image: Wikimedia, Ndidi Nwuneli

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For My Sisters: Overcoming Low Self-Esteem

By Ndidi Nwuneli

I am always saddened by the reality that many women suffer from low self-esteem. We compare our physical features with those of others and always wish we had longer hair, clearer skin, longer legs and thinner thighs. We compare our career progression with those of others, and wish we had a more prestigious position, a larger pay check, greater recognition for our work and even a more balanced life. The truth is that no one is perfect and we are all work in progress. To overcome low self-esteem, I would suggest three critical steps:

1. Change Your Mindset: Recognize that you are fearfully and wonderfully made by God and that there is no one on this entire universe like you. If you do not believe me, consider making a list of your strengths, and aspects of your body, your work and life that could be considered assets. If you are still not convinced, ask two people who know you well to tell you two things that they value in you. You will be pleasantly surprised at what ends up on this list. For some, it might be their smile, others – the glow of the skin and for others it might be their cooking skills, their empathy, or even their flare for languages. Read and reread this list of assets whenever you begin to feel low and they will re-inspire and encourage you to keep pushing forward.

2. Find at least one champion or cheerleader who fiercely believes in you and can pump you up whenever you need that healthy dose of encouragement. Finding genuine and committed champions is not easy, and that is why we have to be prayerful and alert in finding these individuals. I believe that God has blessed each of us with champions or cheerleaders at different stages of our growth in Him. We have to be sensitive to the spirit, find ways to appreciate that champion and pay it forward, by serving as a champion for someone else.

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5 Drugs Commonly Abused By Nigerians And Their Adverse Effects



A drug is defined according to the Merriam-Webster dictionary as a pharmacological substance intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease. Drugs are natural or synthetic chemicals capable of altering or modifying the functioning of the body system for therapeutic purposes.

Prescription drugs fall into several categories: antibiotics used in the treatment of various infections; analgesics otherwise known as pain relievers; sedatives used in treating insomnia and antihypertensives for

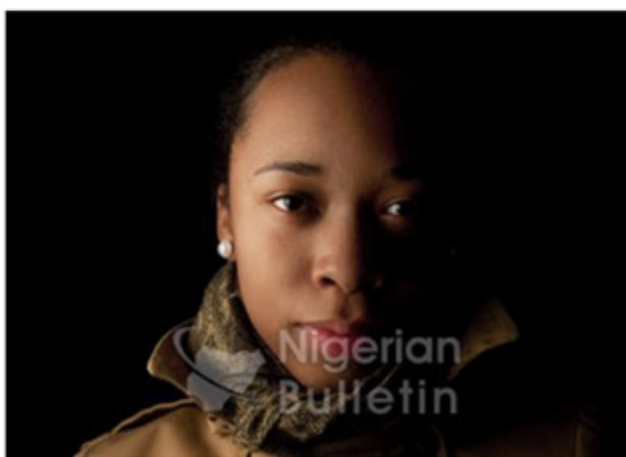
blood pressure lowering among others. More still, some pharmacologic agents are also classified as hard drugs. These are generally defined as substances with a high potential for abuse, severe addiction or death.

It is important to note that they may be legal or illegal depending on the circumstances surrounding their use. A few common examples include cocaine, heroin, marijuana (cannabis) and a host of others. Furthermore, drug abuse or misuse simply refers to the consumption of illegal drugs or the inappropriate use of legal or prescription drugs.

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Lifestyle

Uncle Who Sexually Abused Me Now Wants To Come To My Wedding



In a few months, I am supposed to be having the best day of my life as I finally marry the man I love. We wanted to keep the celebration quiet, so we are only having a small gathering of friends and family members. But my beautiful day was almost ruined when I saw the name of my uncle on the list of guests from my parents. When I was 14 years old, my uncle sexually assaulted me and it ruined a big part of my life.

As I turned 14, my parents made plans to travel for two weeks and I declined to go. They asked if I minded staying

with my uncle and his wife for the two weeks and I did not mind because my uncle and I had always been close when I was growing up. But after my parents left, my uncle began to act suspiciously. His touches became more and more inappropriate and I became more uncomfortable. When his wife was away for the day, my uncle sexually assaulted me and my childhood died.

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The Week: Top 8 News Headlines

[President Buhari Finally Returns To Nigeria After 50 Days Medical Leave](#)

[Osinbajo Remains Acting President, Buhari Says](#)

[INEC Announces Date for Nigeria 2019 Presidential Elections](#)

[Bloody Clash: Hausa, Yorubas Fight In Ife, Dead Bodies Litter Streets](#)

[Apostle Suleiman Allegedly In Messy Scandal With Canadian Lover](#)

[Abike Dabiri's US Travel Warning Causes Diplomatic Row](#)

[Jonathan Denies Blocking Chibok Rescue](#)

[Nigerian Senate Stops Customs From Collecting Vehicle Duties](#)

Jobs in Nigeria

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Cardinal Stone - We are a non-bank financial institution, providing services in Financial Advisory, Capital Raising, Investment Management and Share Registration to a diverse base of investors and business owners with strong interest in Nigeria and the broader West African economic region.

5 Ways To Avoid Scammers When Buying Land In Nigeria



Buying land is one of the most important investment decisions that you will ever make in your life. Nigerians traditionally and rightfully attach a great deal of importance to owning your home, and in many cases, buying land is the first step in the journey.

We have all heard the stories of land and property purchase scams and see the signs warning would be buyers to stay clear: buyer beware, 419 etc. These warnings should never be ignored and tells us a great deal about the minefields that is the Nigerian Real estate market.

So here are a few tips that may help you find your perfect piece of Nigeria to call your home.

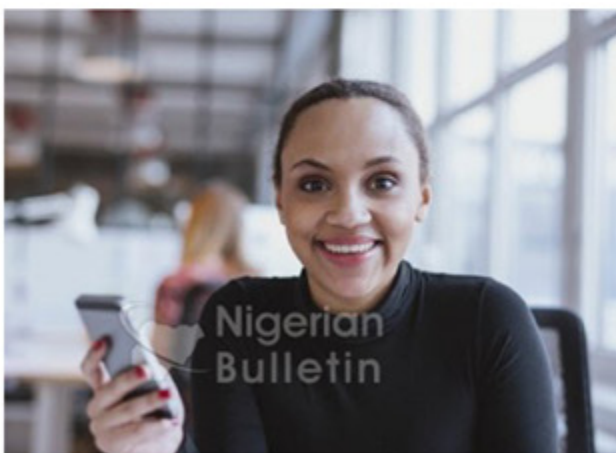
1. Don't Pay in Cash, Pay the Money into a Bank Account

If you want to buy a land, pay directly into a bank account bearing the name of the seller. A mobile money transfer or bank transfer is not even smart. Take the money to his bank, deposit it in his account and keep your copy of the teller.

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Careers

10 Questions You Should Ask Yourself Before Applying For A Job



If you want your job hunt to be successful, then you need to put together a plan that includes your career goals and aspirations. If you aspire to become a successful insurance agent, then you need to create a series of achievable goals that will help to develop your successful career.

The path to your next job starts with a job application, and you need to follow a good plan if you want to submit effective applications. Instead of wasting time filling out applications for jobs you do not want or are not qualified for, you should ask yourself a series of questions before filling out

an application to make sure that what you are doing fits your overall career plan.

Is this a job I want?

If you are desperate, then you will wind up taking a job you hate and will derail your career plans. You need to determine whether or not you actually want the job before you fill out the application.

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Gionee M6 Plus: 7 Things Every Nigerian Should Know



Camera

Gionee M6 Plus is packed with an amazing camera. The rear camera is 16MP with an LED flash and an Aperture size of 1.8 which has support for modes like HDR, touch focus, face/smile detection, etc. The front side is an 8MP camera with f/2.2 aperture ensuring incredible selfies.

Display

The display on this M6 Plus is a sharp IPS 1080 * 1920 Full HD resolution on a 6.0 inches screen size. Pixels on this phone is packed at a 367 pixel per inch which makes text, images and videos look sharp.

Memory

Storing musics, videos, pictures and files on the Gionee M6 won't be a problem as it packs a 64GB or 128GB internal memory which is expandable to up to 256GB with an external SD card. This means that it be will difficult to get the "Not enough space" notification, even if that happens, the space can always be expanded with an additional SD card. Also, 4GB of ram makes multi-tasking on this phone very easy, as many apps will be opened up at once

Battery

The battery on this device is very impressive. The Gionee M6 Plus comes with a non removable Li-Po 6020mAh battery that offers enough to power the phone.

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GIONEE M6 PHONE

OVERVIEW



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