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Paragraph writing

Benefits of Meditation include relaxation to human mind. As it helps to reduce ^{stress} and anxiety levels, lower blood pressure, and promote a sense of calm. Meditation has been found to be an effective tool in reducing stress levels by reducing the production of stress hormones such as cortisol and adrenaline. In conclusion, regular practice of meditation has numerous benefits in relaxing the human mind.

Newspaper is a source of information. This is a periodic publication containing written information about current events on national and international forum. They can cover a wide variety of fields such as politics, business and sport etc. Dawn newspaper is an example of this. Hence, newspapers provide us a wide

variety of information.

My best friend is very supportive to me. She stands with me through thick and thin. She is loyal and trustworthy. She stood up for me to anyone that may try to cross or hurt me. Thus, my best friend always supports me in every matter of life.

Good manners are the signs of humbleness. A person with good manners shows respect and behaves in a good way to ~~their~~^{his} teachers, parents, other elders and social citizens. In addition, he/she never feels proud or arrogant and

always take care of the
feelings of others

"Good manners are just
a way of showing
other people that we
have respect for them"

- Bill Kelly

To sum up, practicing good manners
and following them all will definitely
bring humbleness in character.