

Glossary of Expressions and Idioms:

1. **Hit that reset button**
 - **Meaning:** To start over or make a fresh start, especially when trying to fix something like a habit or routine.
2. **Clear the cache**
 - **Meaning:** To erase past information or thoughts, often used in technology but here meaning clearing your mind or body to start fresh.
3. **They mean business**
 - **Meaning:** They are very serious and committed to what they are doing.
4. **Sign me up**
 - **Meaning:** A way of saying you're very interested and want to participate.
5. **There's a method to the madness**
 - **Meaning:** Even though something seems chaotic or indulgent, there is a reason or purpose behind it.
6. **Far cry**
 - **Meaning:** Something that is very different from something else.
7. **Hit the pause button**
 - **Meaning:** To temporarily stop or take a break from something.
8. **Bombarded with stimulation**
 - **Meaning:** To be overwhelmed by too many things happening at once, often leading to stress.
9. **It wasn't quite a magic cure-all**
 - **Meaning:** It wasn't an instant or perfect solution for all problems.
10. **A shift in perspective**
 - **Meaning:** A change in the way you think about or understand something.
11. **Non-negotiables**
 - **Meaning:** Things that are essential and not open to compromise.
12. **Negativity bias**
 - **Meaning:** The tendency to focus more on negative events or thoughts than positive ones.
13. **Rewire your brain**
 - **Meaning:** To change the way your brain thinks or responds by creating new habits.
14. **Ripple effect**
 - **Meaning:** A situation where one action causes a chain of events or impacts.
15. **Conditioned by early experiences**
 - **Meaning:** The idea that experiences from childhood influence how you behave or think as an adult.