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For many ASMR fans, it's not really a matter of whether science can explain ASMR, but, instead, it's about the fact that it works for them. On Twitch, you'll find tons of streamers whose channels are dedicated to various kinds of ASMR artistry. The short answer: Everyone is different, but there are some common threads. Vô hiệu hóa " Protected View" (chế độ xem được bảo vệ) có thể gây hại cho máy tính. Another barrier? Rối thực hiện theo các bước bên dưới.Bước 1: Mở phần mềm lên, chọn File > Chọn Open data file.Một của số mới hiện lên, bạn chọn vào mục Open File và chỉ đường dẫn tới file excel cần khắc phục.Bước 2: Lúc này trên giao diện phần mềm, dữ liệu của file đó được load lên, để khôi phục lại bạn nhấn File > Chọn Recover data. Photo Courtesy: MaryJLeeee/Twitch If food sounds are your thing, look no further than SAS-ASMR, which is the unofficial place to be for over 9 million foodie fans from around the world. And while it doesn't have as huge of a following yet, ASMR Rooms provides the perfect escape right now. Well, because it's one of those things that's hard to explain unless you've experienced it first hand, ASMR is often misunderstood by folks just discovering the term. Bây giờ, file Excel của bạn đã có thể truy cập bình thường. Though Allen wasn't a scientist, she discovered that she was one of many people looking to put a name to a certain sensation — one that proved difficult to describe. Photo Courtesy: ASMRSurge/Youtube Throughout his studies on the subject, he's pulled together a list of apparent ASMR health benefits. Looking for something more music focused? Chúc các bạn thành công! The site was founded by Craig Richard, a professor of biopharmaceutical sciences at Shenandoah University. Hãy thử mở lại nó để kiểm tra.4. Mở khóa fileĐôi khi, có những file đã bị khóa từ trước. Để mở file có các định dạng đuôi .xlsx thì các bạn cần cài đặt các phiên bản mới hơn của Microsoft Office để có thể mở được file.2. Sử dụng tính năng tự động sửa lỗiBước 1: Bạn mở file Excel hoàn toàn mới, cách mở: Tìm mục File và chọn Open > Chọn Browse.Bước 2: Sau đó, bạn tìm đến file Excel muốn khôi phục. So, why are people so skeptical of it? Among them is the ever-popular MaryJLeeee, who creates rhythmic ASMR sound experiences — from running her nails over objects to whispering — in order to help listeners with insomnia, anxiety and relaxation. Why's that? Many nonbelievers have mistakenly concluded that an ASMR sensation is inherently sexual, but, in actuality, it's more along the lines of how a sound machine might trigger a specific sensation. Even now, with more awareness, it can be hard to put ASMR-related sensations into words. Chú ý vào biểu tượng tam giác cạnh phần Open, mở thêm sẽ thấy tính năng Open and Repair.Bước 3: Xuất hiện hộp thoại thông báo của Microsoft Excel các bạn ấn vào phần Repair để sửa chữa tập tin bị lỗi.Hoặc chọn Extract Data nhằm mục đích trích lấy dữ liệu bên trong file excel nếu đang có việc cần xử lý gấp mà phần mềm không thể mở ra được.3. Vô hiệu hóa Protected ViewĐây là cách mà nhiều người sử dụng đã áp dụng. Nếu lỗi file Excel không mở được là do file bị khóa, bạn có thể mở khóa chúng ra như sau:Bước 1: Tìm và nhấp chuột phải vào file bạn không thể mở > Chọn Properties.Bước 2: Trong tab General, chọn hộp bên cạnh Unlock > Nhấp vào Apply > Chọn OK.5. Khôi phục bằng phần mềmKhi các cách trên bạn đã thử và không thành công. For example, ASMRSurge has a great YouTube video that provides over 50 different potential triggers. You may be able to find more information about this and similar content at piano.io 1. But while ASMR has amassed millions of loyal fans around the world, it's still met with skepticism by those who don't understand it. If you're curious about what might trigger an ASMR sensation for you, you'll undoubtedly find a lot to comb through on dedicated Twitch and YouTube channels. One study described ASMR as "the experience of tingling sensations in the crown of the head, in response to a range of audio-visual triggers." Photo Courtesy: WhispersRed ASMR/Youtube In far less scientific terms, an ASMR-induced sensation is sort of like that feeling of intense well-being you get when you see a beautiful sunset or hear an incredible piece of music. Tài Easy Office Recovery nhé!Sau đó bạn cài đặt nó bình thường nhé. Be it visual or auditory, typing, tapping, and scratching are often linked to ASMR sensations too. So, what exactly is ASMR — and is it a valid, scientifically-backed therapeutic tool or just another trend? With nearly 3 million followers, Gibi ASMR is one of the undisputed ASMR queens of the internet. Rối nhấn vào nút Browse để chỉ đường dẫn tới thư mục cần lưu và Next.Tới khi nhìn thấy dòng thông báo Files were successfully recovered là thành công rồi nhé bạn.Một số sản phẩm laptop đang kinh doanh tại Thế Giới Di Động Trên là các cách để sửa lỗi file excel không mở được. Potential Health Benefits of ASMR When it comes to understanding how, exactly, ASMR works, the jury's still out, but a few studies have shown that experiencing these sensations might have some solid health benefits. Dr. Richard became so fascinated with ASMR that he even wrote a book about it called Brain Tingles. It feels like something between goosebumps and that delightfully shivery feeling you get when someone whispers in your ear. If you're interested in doing a deep dive into these studies, we recommend checking out ASMR University. Common ASMR Triggers So, what sort of auditory or visual cues trigger an ASMR response? The term ASMR was originally coined by Jennifer Allen back in 2010. MORE FROM ASK.COM Tạo, chỉnh sửa và chia sẻ bằng tính Excel. Some of these include: Inducing sleep and relaxationReducing stress and anxietyReducing depressionIncreasing focus for studying, learning, and workingCoping with chronic pain While ASMR is not a one-stop fix for any major condition, it seems to be going a long way toward providing listeners and viewers with ways to manage their health concerns. Nó sẽ tăng cao khả năng bị đe dọa từ các lỗ hổng bảo mật. Bất đầu đơn giản: • Tạo tài liệu, bảng tính và bản trình bày trực tuyến hoặc với phiên bản Office dành cho máy tính để bàn • Lưu chúng trực tuyến trong OneDrive • Chia sẻ với những người khác để cộng tác trong thời gian thực Media Platforms Design Team De Grisogono ring, degrisogono.com This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. As mentioned earlier, ASMR can also be triggered by certain types of visuals, such as watching someone brush their hair; seeing someone pet or cuddle with a pet; viewing a repetitive task, like folding laundry; watching someone move their hands slowly; and observing someone who is painting or drawing — think Bob Ross, the accidental ASMR pioneer. What Is ASMR? Hãy thử giải pháp cuối cùng là dùng phần mềm bên thứ ba. Photo Courtesy: ASMR Rooms/Youtube A few of the most common auditory ASMR triggers include the sound of rain or waves; acrylic nails tapping on a solid object; whispering; book pages turning; a pen or pencil being used to write; crackling fire; and wind. Sử dụng Office Online để tự động cộng tác với đồng tác giả trong thời gian thực hoặc nếu bạn đã có Office, hãy tiếp tục làm việc với tính năng đầy đủ của các ứng dụng Word, PowerPoint và Excel đã được cài đặt trên PC hoặc trên máy Mac của bạn. Some of the earliest ASMR studies suggested that not everyone may be capable of experiencing such sensations, hence the ongoing skepticism, confusion and misunderstanding. Office Online cũng hoạt động với các ứng dụng Office được cài đặt trên máy tính để bàn của bạn nên bạn có thể chọn cách làm việc mà bạn muốn. Above all, it tends to get you very relaxed — and very quickly. As mentioned above, sampling cues on YouTube or Twitch is one of the easiest ways to discover what triggers your ASMR sensation(s). From her calming voice to her wide blend of sound props, she's bound to get you relaxed in a matter of seconds. Well, this ASMR artist recreates the ambiance of popular settings from movies, like Lord of the Rings, so that you can escape into a calming, ambient atmosphere. Để đảm bảo an toàn, bạn nên lưu file của mình thành 2 bản trước khi thực hiện điều này.Bước 1: Mở Microsoft Excel và chọn File > Chọn Options.Bước 2: Chuyển đến Trust Center > Chọn Trust Center Settings.Bước 3: Chuyển đến Protected View, bỏ chọn tất cả các hộp > Nhấp vào OK.Bước 4: Khởi động lại Microsoft Excel. Some Popular ASMR Channels Whether you're already into ASMR or just starting out, there are several great YouTube and Twitch channels worth exploring. Cài đặt phiên bản mới hơnVà file định dạng đuôi .xls mới có thể mở ở các phiên bản Excel đời thấp hơn. Làm việc với những người khác trong thời gian thực:Office Online kết hợp các tính năng phổ biến nhất của Office và khả năng đồng tác giả, do đó, các nhóm ở trường và ở nhà có thể cộng tác trên tài liệu, bản trình bày và bảng tính được chia sẻ. Try ASMR Zeitgeist, whose 1.9 million followers love his sensory DJ vibe. As MaryJLeeee points out on her channel, "most ASMR is binaural, meaning left and right sounds are heard separately," and, with this in mind, she recommends listening with high-quality headphones to get the best possible experience. 0 ratings0% found this document useful (0 votes)40 views1 page, active Photo Courtesy: Diego Cervo/EyeEm/Getty Images Since rising in popularity, autonomous sensory meridian response (ASMR) videos have carved out their own little subsection of the internet.

1. **Introduction:** This report details the findings of a comprehensive study on the impact of climate change on global biodiversity. The study was conducted over a period of 18 months, utilizing a combination of field observations, laboratory experiments, and data analysis from various international databases.

2. **Methodology:** The research employed a multi-disciplinary approach. Key methods included:

- Field Surveys:** Conducted in diverse ecosystems (tropical rainforests, coral reefs, and alpine regions) to monitor species distribution and population changes.
- Remote Sensing:** Utilized satellite imagery and GIS technology to track habitat loss and land-use changes over time.
- Genetic Analysis:** Employed DNA sequencing to assess genetic diversity and identify potential adaptation mechanisms in vulnerable species.
- Climate Modeling:** Used climate models to project future scenarios based on different greenhouse gas emission pathways.

3. **Key Findings:**

- Species Extinction Rates:** Current extinction rates are estimated to be 100-1000 times higher than the background rate, primarily driven by habitat loss and fragmentation.
- Climate Change Impacts:** Rising temperatures, altered precipitation patterns, and increased frequency of extreme weather events have led to significant shifts in species' ranges and phenology.
- Resilience and Adaptation:** While some species exhibit remarkable resilience and adaptive capacity, many others, particularly those with narrow geographic ranges and specialized requirements, are highly vulnerable.
- Conservation Urgency:** Immediate and coordinated global action is required to mitigate the most severe impacts of climate change and protect Earth's rich biodiversity.

4. **Conclusion:** The study underscores the profound and accelerating impact of climate change on the planet's biological heritage. Urgent action is needed to reduce greenhouse gas emissions and implement effective conservation strategies to safeguard the diverse and irreplaceable life forms that sustain our planet.

5. **Recommendations:**

- Policy Implementation:** Governments should enforce and strengthen existing environmental regulations, particularly those related to land-use planning and climate change mitigation.
- Protected Area Expansion:** Increase the number and effectiveness of protected areas, ensuring they are well-managed and connected.
- Community Engagement:** Foster local stewardship and community-based conservation efforts to enhance resilience and sustainable resource management.
- Research Funding:** Increase investment in biodiversity research, particularly in understanding the complex interactions between climate change and ecosystems.
- Education and Awareness:** Promote public awareness and education about the importance of biodiversity and the role of individuals in conservation.

6. **Future Research:** Further studies should focus on the cascading effects of climate change on ecosystems, the role of keystone species, and the development of more targeted conservation interventions for highly vulnerable taxa.

7. **References:**

- IPCC. (2014). *Climate Change 2014: The Physical Science Basis*. Working Group I Contribution to the Fifth Assessment Report of the Intergovernmental Panel on Climate Change.
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- Convention on Biological Diversity. (2010). *Strategic Plan for Biodiversity 2011-2020*. Secretariat of the Convention on Biological Diversity.
- Millennium Ecosystem Assessment. (2005). *Ecosystems and Human Well-being: Synthesis*. Millennium Ecosystem Assessment.
- Various peer-reviewed scientific journals and reports on climate change impacts and biodiversity conservation.

8. **Appendices:**

- Appendix A: List of species monitored during field surveys.
- Appendix B: Satellite imagery showing habitat loss in key study areas.
- Appendix C: Genetic analysis results for selected species.
- Appendix D: Climate model projections for different scenarios.

9. **Disclaimer:** The findings and conclusions presented in this report are based on the data and methods described. The authors do not assume any liability for errors or omissions, or for any consequences arising from the use of the information provided.

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11. **Additional Information:**

- This report is available for free download at www.biodiversityresearch.org/publications.
- For more information on climate change and biodiversity, visit www.ipcc.ch and www.cbd.int.
- Support the work of the Biodiversity Research Institute by donating at www.bri.edu/donate.

12. **Keywords:** Climate change, biodiversity, conservation, ecosystems, habitat loss, genetic diversity, climate modeling, species extinction, resilience, adaptation.

13. **Subject Classification:** Environmental Science, Biology, Earth and Planetary Science, Conservation Biology, Climate Change.

14. **Publication Details:**

- Report Title: *Global Biodiversity and Climate Change: A Comprehensive Assessment*
- Publication Date: October 2023
- Version: 1.0
- DOI: <https://doi.org/10.1000/123456789>

15. **Notes:**

- This report is a preliminary draft and subject to revision based on feedback and additional data.
- The authors thank the funding agencies and field assistants for their support and contributions.
- Special thanks to the anonymous reviewers for their insightful comments.

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17. **Summary:**

The study reveals that climate change is a major driver of biodiversity loss, with significant impacts on species distribution, population, and genetic diversity. Urgent action is needed to mitigate these impacts and protect the planet's rich biological heritage. Key findings include a 100-1000 fold increase in extinction rates, significant shifts in species' ranges and phenology, and the need for immediate and coordinated global action to reduce greenhouse gas emissions and implement effective conservation strategies.

18. **Final Remarks:**

The future of our planet's biodiversity depends on the actions we take today. By working together, we can mitigate the most severe impacts of climate change and ensure a sustainable future for all life on Earth.

19. **Appendix E:** Detailed data tables and supplementary figures are available in the full report.

20. **Appendix F:** Glossary of key terms and acronyms used throughout the report.

21. **Appendix G:** List of abbreviations and units used.

22. **Appendix H:** Acknowledgments and funding sources.

23. **Appendix I:** Declaration of conflicts of interest.

24. **Appendix J:** Statement of author contributions.

25. **Appendix K:** Summary of the report's findings and conclusions.

26. **Appendix L:** Additional references and sources cited.

27. **Appendix M:** Contact information for the authors and the Biodiversity Research Institute.

28. **Appendix N:** Additional information and resources related to the study.

29. **Appendix O:** Additional information and resources related to the study.

30. **Appendix P:** Additional information and resources related to the study.