First-Time Buyers’ Grant is for the Developers’ Back Pocket

Lorcan Sirr
Technological University Dublin, lorcan.sirr@tudublin.ie

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The founder of Quiet Mark is on a mission to turn down the noise of modern life. Her tip for achieving serenity? Spend an hour a day listening to birds, she tells Caroline Scott.

"Come on, let's find what's really going to tip for achieving serenity? Spend an hour a day listening to birds, she tells Caroline Scott."

Silence is golden.

"Silence is golden."