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The J Tg T (Jogo) or Numu languages form a branch of the Western Mande languages. They are, Ligbi of Ghana. the extinct Tonjon of Ivory Coast.
 Jogo languages - Wikipedia
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A simple smile can trigger the release of neuropeptides that improve your neural communication. It also causes the release of neurotransmitters such as dopamine and serotonin, which can boost your mood. Think of smiling as a natural antidepressant.