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Happy New Year and welcome to a special first edition of What's Emerging for 2010. We thought we'd help you get off to a good start in 2010 with some suggestions for your new year resolutions plus a look at forecasts for the year ahead and some reflections on what was achieved in 2009.

Cheers

Paul Higgins, Sandy Teagle, Kim Stewart, Anitha Mendonca, Syed Muqthar, and Samantha Kyle-Little



What's Emerging

Use the six changes method to adopt new habits in 2010

If you're tired of all the New Year's Resolution talk and just want to focus on the nitty-gritty of adopting a new habit in 2010, the 6 Changes Method may be able to help. [Read more...](#)

Quit for a cause - Quit something and make a difference!

What better way to make sure you keep your promise than by dedicating your quit to your favourite cause? In minutes you can create your FREE fundraising page and make a difference to your life and those of others. [Read more...](#)

Resolved: Keep your PC clean, safe, and backed up in 2010

It's the start of a new decade, and while you're busy making resolutions for yourself, you shouldn't forget about your PC. We suggest making a resolution to keep your PC clean, safe, and backed up for 2010. Here's how to make it easy. [Read more...](#)

Funny New Year quotes

If being back at work is getting you down, here is a bit of humour to brighten your day. [Read more...](#)

It's time for businesses to think about the future again, says Matthew Bishop

For companies, the past year has been first and foremost about short-term survival. Keeping the show on the road during a period of turmoil required certain skills, but setting a company on the right course afterwards will provide the true test of corporate leadership. [Read more...](#)

The futurist magazine's top 10 forecasts for 2010 and beyond

Paul Higgins: as always these sorts of forecasts should be examined critically. It is more important to examine the assumptions behind them and our own assumptions for liking or rejecting them than to slavishly believe them. [Read more...](#)

11 communications trends to watch in 2010

Research firm Yankee Group this week issued its 2010 predictions for the communications market. [Read more...](#)

The (last and next) decade in gadgets

In January 2000, odds are that you didn't own an MP3 player, digital camera or even a cellphone. You certainly

couldn't send saliva through the mail to a service (23andMe) to analyse your DNA. Times have changed. Here, Gizmodo's Mark Wilson breaks down the biggest tech breakthroughs of the past 10 years, and predicts where tech is going in the next 10. [Read more...](#)

2010 preview: Genome sequencing for all

When James Watson, co-discoverer of the double-helix structure of DNA, had his entire genome sequenced in 2007 it cost around \$1 million. The price tag has already dropped by a factor of 10, and driving costs even lower is one goal of the Archon X Prize for Genomics, which is offering \$10 million to the first team to sequence 100 human genomes in 10 days for less than \$10,000 apiece. [Read more...](#)

A world transformed: What are the top 30 innovations of the last 30 years?

Is it possible to determine which 30 innovations have changed life most dramatically during the past 30 years? That is the question that Nightly Business Report, the Emmy Award-winning PBS business program, and Knowledge@Wharton set out to answer to celebrate NBR's 30th anniversary this year. **Paul Higgins: This list was published in February 2009 but due to the time frame it is still interesting reading.** [Read more...](#)

The top 9 airplane tech advances of the last 10 years

The aughts capped 100 years of powered flight, pushing the technologies introduced in the 20th century to their limits. This past decade has seen the development of the biggest passenger airplanes, the fastest, most agile and stealthiest fighters, and the joy of flight brought to the amateur pilot as never before. The coming decade promises breakthroughs such as combat-ready unmanned aerial vehicles, commercial rocket planes, hypersonic jets, and more. Here's a look back at the aviation milestones of the aughts and a glimpse of what the coming decade might hold. [Read more...](#)

Your guide to the year in science: 2010

A deeper look at polar ice. An electric-car renaissance. The death and rebirth of major scientific experiments. [Read more...](#)

Top scientists share their future predictions

From virtual brains and Matrix-like thought connections to diesel-excreting bacteria, what the next decade could bring. [Read more...](#)

9 things we learned about us in 2009

For a species that has been studying itself for thousands of years, you might think humans would have learned everything there is to know about, well, us. But science never ceases to reveal more about the complex human body, mind and culture. Here are 9 of the most fascinating things we learned about ourselves in 2009. [Read more...](#)

Ten technologies that will rock 2010

TechCrunch's list of the ten technologies that will leave the biggest marks on 2010. [Read more...](#)

2010: The year of the mobile

The trend to smaller connected devices will continue this year, as the likes of Nokia, Google and Apple deliver their new products. [Read more...](#)