

1-- I will give a very quick review on both temporal and spatial tensions in cosmology based on LCDM model. In my classification H_0 and $f\sigma_8$ tensions are temporal while CMB anomalies are categorized as spatial tensions.

2-- I will review the idea of uber-gravity and will build a cosmological model based on this named uLCDM. I will show how this model can lessen H_0 tension and has specific predictions for the structure formation.

3-- At the end I will go beyond a specific model and will talk about our recent idea to solve both temporal and spatial tensions simultaneously.