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Being Here
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July 11th 2018: Trained to Complain

"Whinge: to complain persistently and in a peevish or irritating way." Oxford Dictionary We grow up in cultures that teach us how to relate to life and have been trained to complain about the things we don't prefer – as if life should show up differently than it has. Join Ariel and Shya in this fun episode of Being Here and relieve yourself from the whinging and whining nature of your complaints.



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