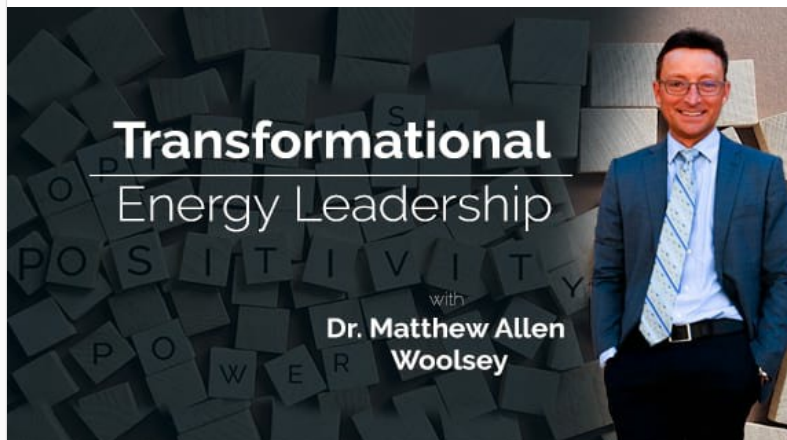


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We live in a time of great loneliness, inequality, hatred, conflict, and disconnect. But we are not the first. Pretty much every civilisation in the last five and half thousand years has grappled to come to terms with the same fundamental troubles we experience now. We keep making the same mistakes over and over, struggling to find lasting peace, safety, and security for our families and ourselves. I believe the key to getting off this crazy, destructive, merry-go-round can be found in better understanding the fundamental drives in every human being. Among them, recognising the role of friends

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Featured Guest



Winfried Sedhoff

In his early 20's Dr. Sedhoff faced a life-threatening personal crisis that sent him into self-imposed isolation. Over a 12-month internal quest he discovered not only answers to his crisis, but uncovered a sense of genuine self, a journey he documented in his first book *A Balance of Self: A New Approach to Self-Understanding, Lasting Happiness and Self-Truth*.

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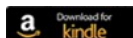
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