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EMPOWERMENT



**The Self Improvement Show
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June 14th 2012: Peaceful Revolution**

Paul Chappell grew up in a military family and, as a multi-racial child, experienced rage, violence and racism growing up. He graduated from West Point, served in Iraq and now writes about peace rather than about war. In his book he states, "...in the twenty-first century our survival depends on our ability to understand and embrace our humanity." We will, in this show discuss what he means by that statement. We will talk about how to build our "muscles" of hope, empathy, appreciation, conscience, reason and curiosity and answer the question, "How can revolution be peaceful?" What would happen

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