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## Inner Revolutionary Radio

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**February 03rd 2015: Why Do We Do Dumb Things?**

True confessions. Beth has trouble sleeping. So what does she do? Wakes up in the middle of the night and frantically checks her email. Obviously there's nothing she really must read at 3 am and the process just further awakens her. But even worse, if something important does come in, she feels driven to reply immediately. Why? None of this will put her back to sleep. She's going to be even more stimulated and have more trouble sleeping. No wonder she's tired. Do you do dumb things and wonder why? Tune into this episode of InsideOut and ask Beth to help you decipher just why you do them and wh

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