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March 02nd 2015: Finding the Middle Way

What is your primary default style when things get hard? Is your tendency to criticize others for what is happening to you? Perhaps you are the type to take the entire burden onto your own shoulders and carry it alone. Or maybe you put your head in the sand and pretend everything is fine, despite the gnawing feeling in the pit of your belly that something is very, very wrong. Whatever it is, there is hope! It lies in finding the middle: between aggression and passivity, between defensiveness and taking 100% responsibility, between not speaking up and being harsh and judgemental. There is a p

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