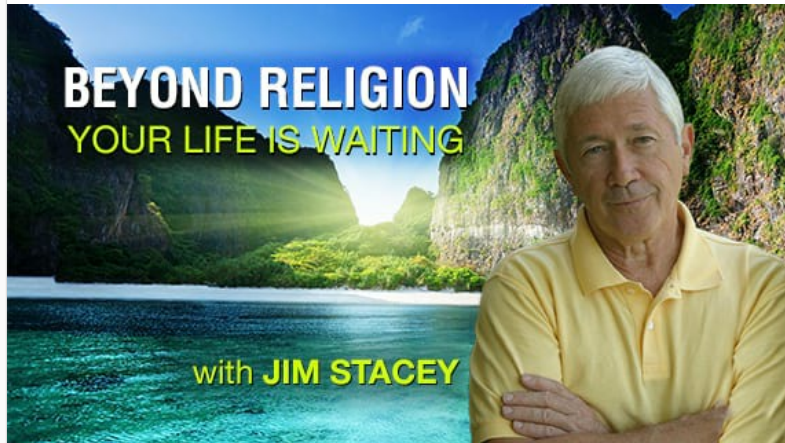


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EMPOWERMENT



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How often have you given thanks for something that you really wished wasn't a part of your life? Why not? How often we miss a beautiful gift by trying to push aside the things that are trying to get our attention. Just because we fear something or want to get away from it doesn't mean that it is here to frustrate us. It is here to bring a beautiful gift or insight, if we'll just learn to look it in the face and say: "Tell me why you are a part of my life! I want to understand your gift and claim it." There is nothing quite as powerful as Gratitude to help us see those gifts, claim them, and le

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