

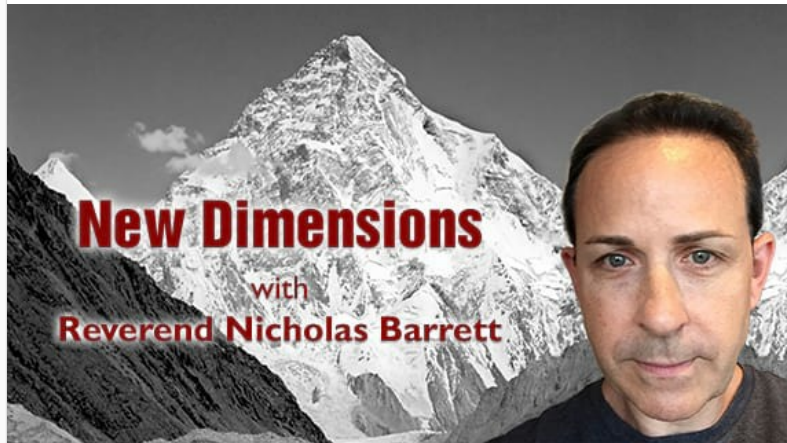
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### New Dimensions Archives Available November 23rd 2016: ThanksLiving

In North America, we are on the eve of Thanksgiving--a day when many put their focus on giving thanks and acknowledging what they have in their lives. We can all acknowledge something when others are also doing it. The test is whether we can live a life of thankfulness the other 364 days a year. November kicks off the holiday season with high expectations for celebration, joy, and love. However, for many people, this time of year triggers deep unresolved wounds that bring with them sadness, anxiety, and depression. On one hand, the holiday season can lift the spirits, and on the other,

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