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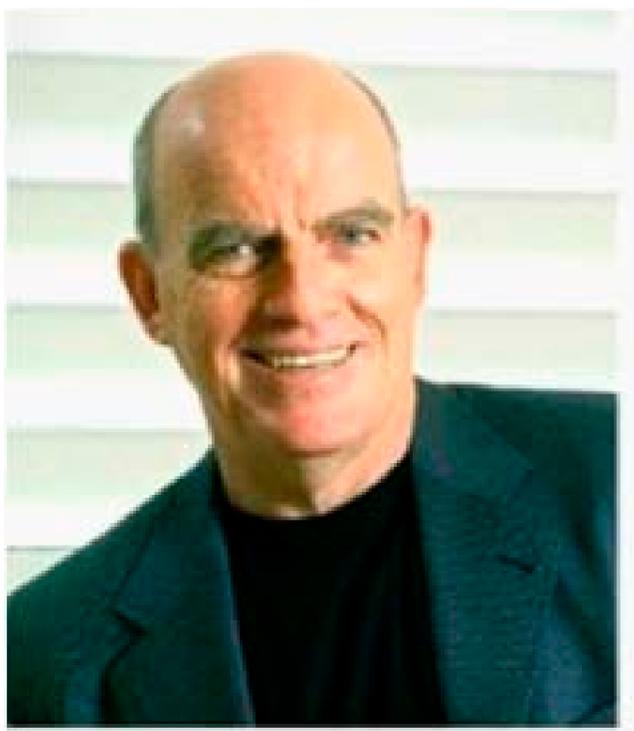
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How To Live



By Dr. Neil Flanagan



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Most of us were brought up to behave how we feel. When we felt unwell, we'd tell our Mum, behave accordingly, and she would let us take the day off from school.

When we entered the workplace, we'd feel really good on Fridays and lousy on Mondays and behave accordingly. We'd even invent the term Mondayitis to account for our behaviour.

Then, when we grew

older, we'd feel old because we were told it was expected of us, and again we'd behave accordingly.

The alternative was to feel how we behave. When we were kids, and had so much to do, we'd hit the ground running and our feelings would catch up later.

By behaving in a certain way our feelings would usually be associated with that behaviour. When we

were in the workplace, many of us never took a 'sickie': we were too busy to take time out. Then, when we aged, we behaved in a way that let it be known that we felt on top of the world.

Like most situations, a black-or-white approach (duality) is unlikely to be the better approach.

We know that we need to take note of our feelings. And,

while maintaining a 'stiff upper lip' might have lots to recommend it, there may be times when behaving that way may result in undesirable side effects. Rarely, can one or the other be the better way of operating.

Tony De Mello reckoned we need three things - awareness, awareness, awareness. Assuming he was right, we need

1. to be aware of our

feelings - toward ourselves and others;

2. to be aware of our behaviour - how it can affect ourselves and others;

3. to be aware of our need to be flexible - enabling us to achieve the outcomes we desire.

Neil Flanagan may be a bestselling author but his aim in life is to live longer, better.

You can find out

even more about Neil when you visit <http://www.justasktom.com> and if you find an article you like in the store, let Neil know at neil@neil.com.au and a free copy can be yours for the asking.

Article Source: http://EzineArticles.com/expert/Dr_Neil_Flanagan/238005

Why Make It **Hard On Yourself** Trying To Get To The Top?

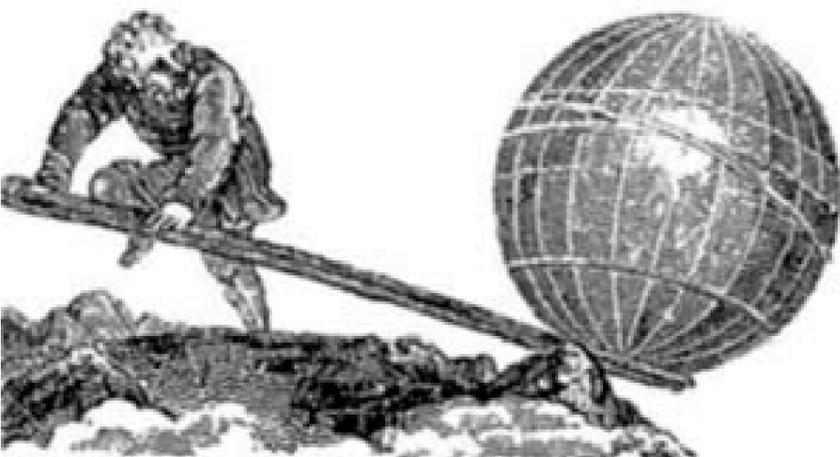
**Mortgage Debts
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And Instead Use The Advice Of Archimedes?

Give me a lever long enough and a fulcrum on which to place it and I shall move the world. ~ Archimedes AD 340



WealthForTheWorkersIntroVideo

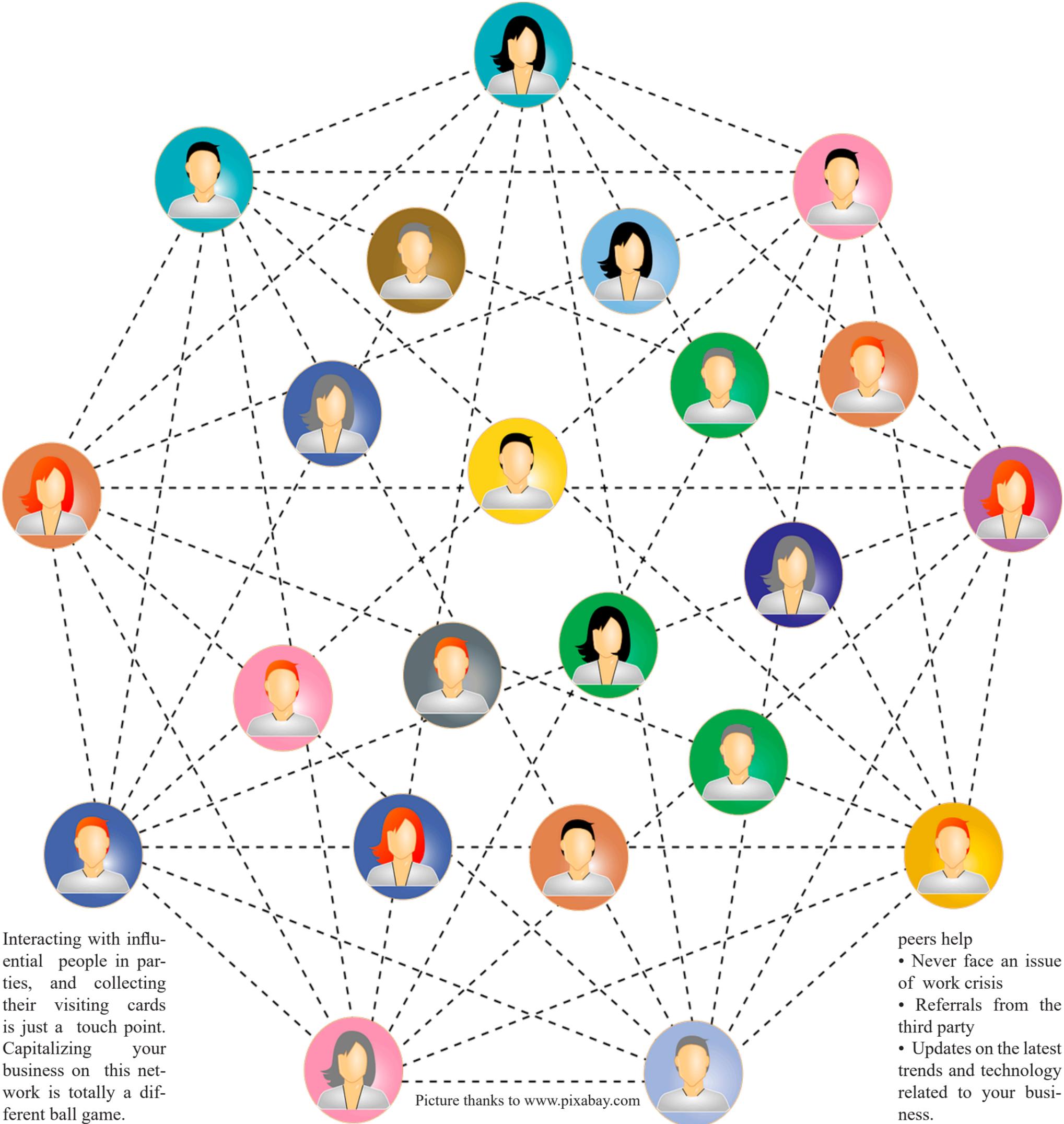
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Networking Is the Solution For Business Growth

By Himanshu Shah



Picture thanks to www.pixabay.com

Interacting with influential people in parties, and collecting their visiting cards is just a touch point. Capitalizing your business on this network is totally a different ball game.

It requires due diligence and dedication over the years to build a relationship for a solid network. Once you have done it

becomes a derivative to your success.

Networking should not be a temporary activity, it has to be an ongoing process,

even when you are not at your desk. Aspiring business leaders have to learn the strategic networking technique for rapid business growth.

Primary reasons for networking.

Why is it desirable to build a network with influential people and business groups of your domain?

- Immediate access to all service providers and vendors
- Quick response rate for contract base hiring
- Full extension to

peers help

- Never face an issue of work crisis
- Referrals from the third party
- Updates on the latest trends and technology related to your business.

Share ideas with similar business groups

Common Business Networking Mistakes Article continued on page...7

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Networking **Is** the Solution For Business Growth

By Himanshu Shah

continued from the known path for connection which is social media.

If the success of your business depends on networking then why leave any corner of networking untouched, no matter how small or big your business is.

Unlike your business location, your network is not limited to the physical address. It has to proliferate in all directions. There are tons of ways to build the network that are often overlooked.

• Not connecting with other communities.

When it comes to pairing with individuals, usually you choose

the known path for connection which is social media.

It might look promising connecting through it but it limits your network spectrum. You have to explore another dimension for networking as well. Try to connect to lesser known communities like "Quora" or register with a "common platform for service providers".

There are other multiple online platforms where you can confluence with same business groups like Tumblr, musical.ly, tinder, etc. depending on your domain expertise.

• Not connecting to Niche forum or group.

If you really want to build a close relationship with your clients or domain experts, join a Niche "forum". But joining too many forum sometimes be-

comes complicated, try to zero in two or three forum of your field. There are big companies that also join this forum to get solutions and you can connect with them instantly.

• Not justifying your acquaintance.

Let your client find you with your skills. Networking becomes easy if your clients know your whereabouts.

There are very few networking sites that have a portal built especially for employees, where employees can build and upload their portfolio. It helps the employee in two ways, building their own network and establishing themselves as a brand.

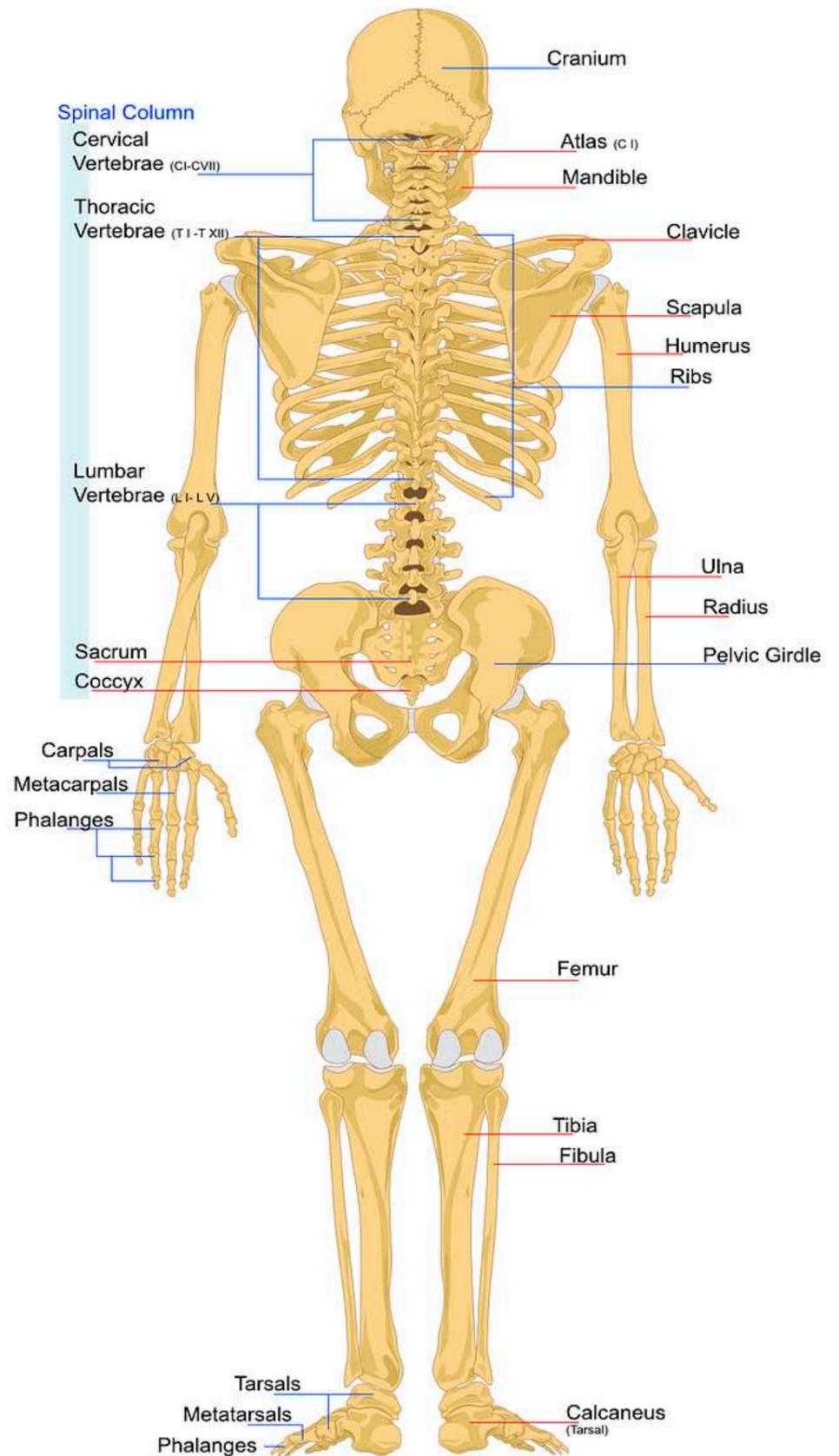
• Not Paying heed to referrals.

Article continued on page..9.



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Networking Is The Solution For Business Growth

By Himanshu Shah



Continued from page..7

You need to pay attention to referrals coming through the third party or from the vendor's site. Take immediate follow-up and honor these referrals.

• Not using Reviews/ Testimonial for networking.

This is the most overlooked attribute by vendors. Many of them believe "Reviews and Comments" are solely made for critics. No, that's not true. You can convert those critics to your potential client.

Ask for "Reviews and Comments" from them, you can even ask for the area of improvement for better service.

It will help you to identify your weak zone, and at the same time, you have the opportunity to build a positive image in front of your clients. So, always be ready to listen to your client and make a bond with them through Reviews / Testimonials.

• Not connecting actively with Co-workers.

Connecting with co-workers actively

helps you to share ideas and gain knowledge. You develop this special "give and take" relation with co-workers over a period of time. Your equation with them will decide how your network will expand.

• Not connecting to diverse population.

Usually, it's a human tendency to connect with like-minded people, which is OK.

But if you want to build up a B2B network, then you need to break that cocoon and connect with a diverse population.

Diversity gives you the perspective to think out of the box and implement new ideas in your business.

Some Key takeaways for Business Networking.

• Make your social networking activity

a key part of your daily work.

• Locate and join a networking site where other members sell their service or products the same as you.

• Rather than building numbers focus on people that show interest in your service.

• Don't miss out the client by not joining a common net-

work platform or joining much later than you should.

• Use software tools or plugins to optimize your networking activity. Over to you!

What challenges do you often face when it comes to connecting or finding same business groups?

Article Source: http://EzineArticles.com/expert/Himanshu_Shah/2446251

Inspirational Quote Of The Week!

SEE HOW YOU CAN APPLY IT
TO MAKE YOUR LIFE BETTER.

**“If You Don’t Use Ethical Leverage
In Your Financial Life You Will
Never Be Able To Really Relax”**

Author Derek White © November 2017



How to Protect Children From Bullying While Playing On A Playground



By Jason Fernandez Walter



physically. When you are present, watch him carefully and intervene when you see a child's mean behavior towards your kid.

Did your child complain about being bullied at the school playground? Didn't it leave you in a difficult position as you couldn't see what actually happened? Bullying in school is commonly observed and it puts parents in a difficult situation.

Since you can't be there for your child when nasty things happen to him, you have got to teach him how to protect himself. My aim of this article is to teach you how can you teach your child different ways of handling bullying. Scroll down to know!

Analyze the Actual Situation.

Before taking action or teaching him anything, you should first access what happened actually whether you are or aren't present

However, do it only when you have observed the situation long enough.

However, if you aren't present, ask him for minor details. He might be reluctant in telling you what actually happened, so be as friendly with him as possible and give him enough room to open up to you. Accessing the situation properly will help you in giving correct advises to your child.

Involve Yourself

If you see another child is hurting your kid physically, it's high time you intervene and warn him with strict words. Take him out of the situation immediately and give him some time to relax as his mind must be racing.

Ask him to lie down on foam padding for

playgrounds for a few minutes then teach him some physical tricks to protect himself.

If you see your child being emotionally abused, call him out immediately as this can be a threat to his mental health. Ask him to play in a different area.

Talk to Parents or Teachers.

Bullying happens when children play together in a playground with playground equipment or church playground equipment. Look for parents of the kid who bullied your child and tell them how he behaved.

No one likes listening to his or her child is a bully so I am sure it will help you out. If this happens in school, contact the teachers and ask them to keep an eye on such situations.

If the teacher couldn't help, ask the school administrator to help you out. How-

ever, explain to them your situation calmly and do not fret.

Instruct Your Child.

Incidents of bullying occur due to lack of supervision in playgrounds. Role play is a way to teach your kid necessary skills to protect himself when other children bully him.

If your child isn't bold enough to stand up for himself, teach him how to ignore other kids and take another way. However, teaching him how

to stop another child firmly is essential for his protection. Teach him some sentences and ask him to practice it with an adult around except you. Make the adult a bully and your child a victim and ask them to exchange dialogues.

This is how you will save your child from physical and emotional bullying. Are you ready to be of help to him?

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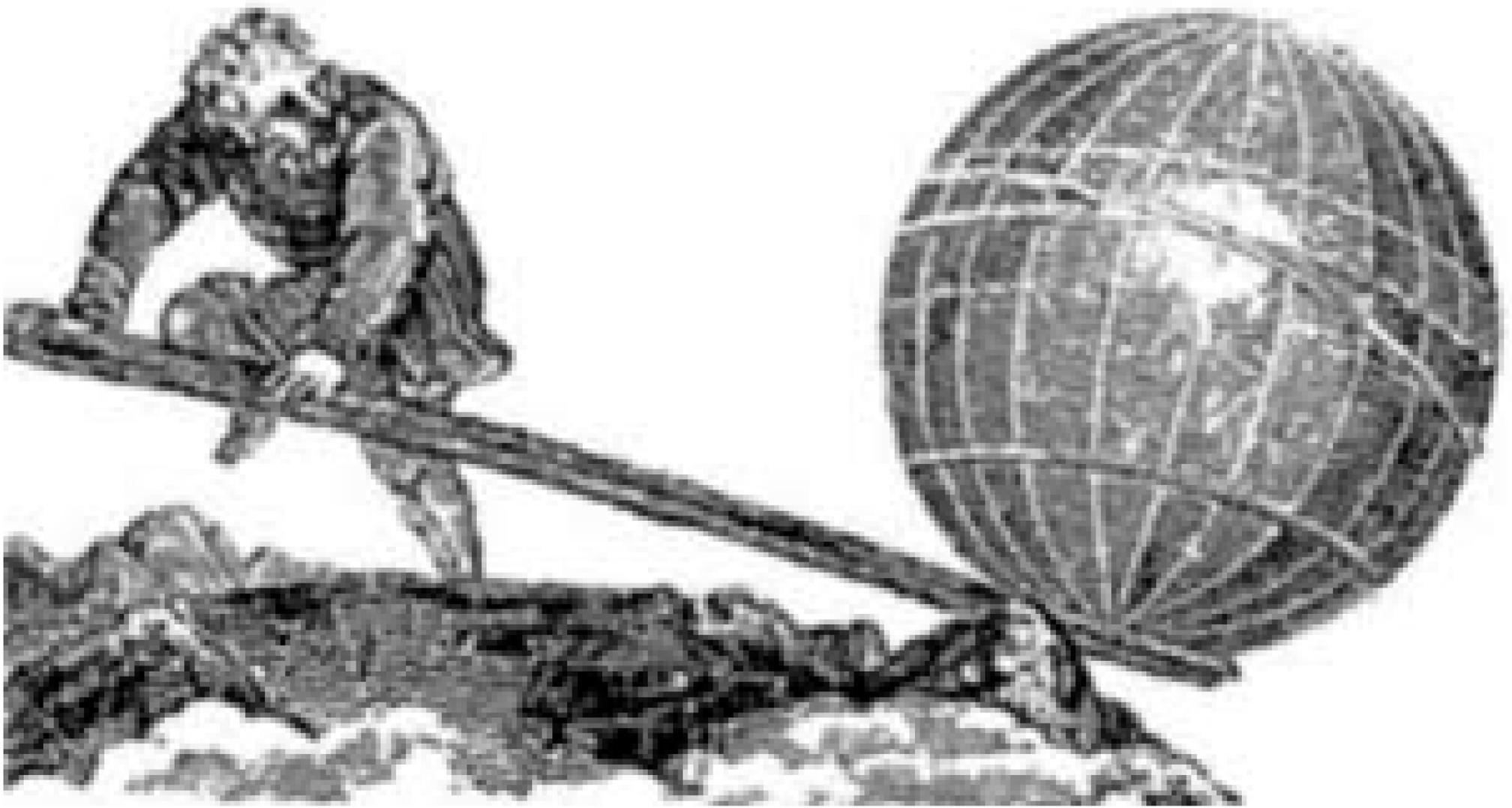
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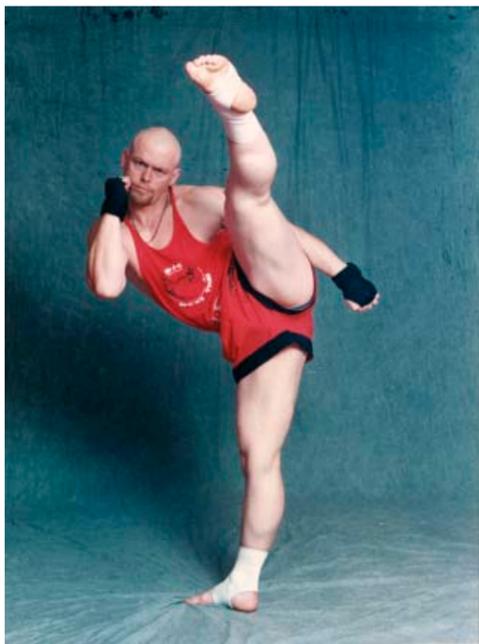
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Rhett Junker



Let Rhett Junker Founder, Fight Rite Gym teach you how to stand and fight back against the bullies of life...

Rhett has been Training in the Martial Arts for 37 years, now teaching for over 20 years. Rhett originally began training in Judo at age 10 but soon moved on to Tae Kwon Do which he stayed with until he was 17. At 17 he joined

the Australian Regular Army and after basic training was posted to Melbourne. After searching the entire city Rhett found Mr. Bob Jones, the Founder of Zen Do Kai, who he began to train with and 30 years later is still a student of and Chief Instructor for Zen Do Kai in NSW.

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Staying Humble

By Rosemarie Sumalinog Gonzales

feel happier.

Stress, deadlines, and surprises can drain people mentally and emotionally. Even the strongest of people can succumb to the power of unpredictability. Figuring out how to stay calm will make your life a lot more enjoyable, will make you more likable and make others think that you are more in control than you actually are.

You can't control everything that happens to you, but you can control how you handle situations in a way that will have people gravitate toward you.

No matter what happens, always try to remain calm and humble. Everyone you've ever met is trying to do the same thing you do. Life is a lot easier when you accept that the world doesn't revolve around you only.

No matter how independent you are, at the end of the day you will need someone to turn to especially your family. You will be surprised how relaxing and therapeutic that would feel.

No matter how influential you are, how much money you have, how big your house is, our graves will always be the same size. So, stay humble.

Yet, being humble doesn't necessarily mean talking down



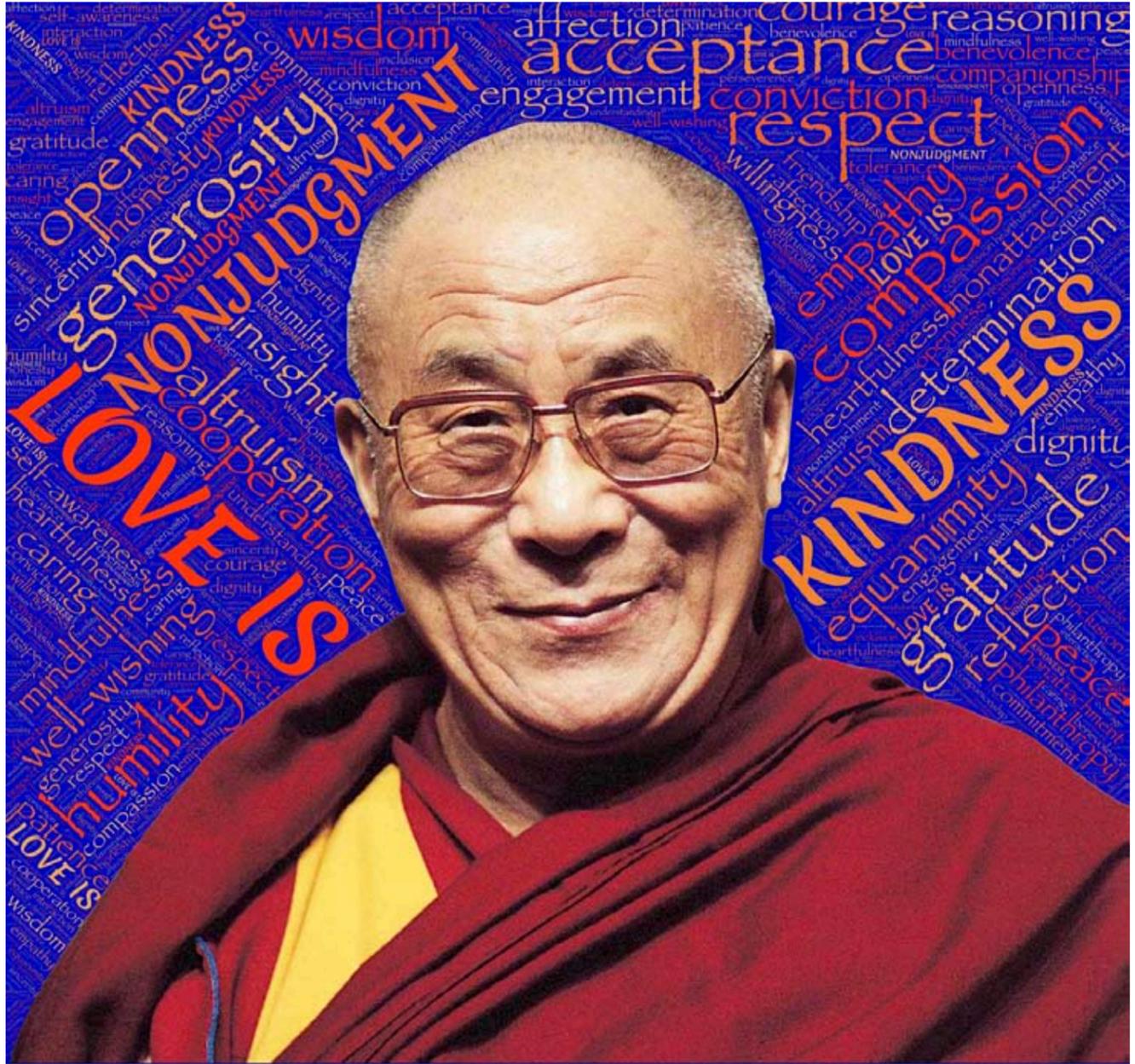
Being humble and kind will make your life easier. It will help you do better at work and at home. Too much confidence will make you seem like a real pain in the ass. It's okay to admit that you are wrong about something and, more importantly, it's alright to concede that to others.

This shows only one thing that you not only value your opinion and decisions, but that you also value the opinions and decisions of those around you.

Humble people are better able to cope with anxiety. They tend to find a useful perspective in life and how it should be lived.

When it's not all about you, it is easy to contemplate and reflect because it is not always about you. Aside from that, humble people are more helpful than those who are conceited.

Kindness is often overlooked as a sign of weakness but still can go a long way. Being kind can also make you happier. It feels good to be nice and help others and it can physically make you



about one's self, or rejecting praise, or allowing people to walk all over us. This is more about establishing confidence and rapport, open-mindedness, and willingness.

Humility is not thinking less of yourself; rather, humility is thinking of yourself, less.

It takes a tremendous amount of sense to be humble, because humility requires you to put aside your pride to accommodate others.

Article Source: http://EzineArticles.com/expert/Rosemarie_Sumalinog_Gonzales/1972656



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Practices Of Living An Extraordinary Life

By Lora Davis

<http://extraordinarylifeonline.com/>

Life is full of mysteries which include happiness and unfortunately hardships. Solving all the turmoil's that is associated with daily living is challenging yet can be rewarding as well.

Attempting to keep pace with rigorous daily schedules in a world that continues to evolve with the introduction of new technology and the ever present danger of outside influences from other countries only increases the burden which dwells on the negatives instead of the positives which are ever present, however never recognized.

Life is more than financial freedom, although this appears to be the goal of the majority of individuals who seek such freedom. The steps to financial freedom are steep and narrow requiring dedication and sacrifices that are at times insurmountable and cumbersome.

Focusing on obtaining what is often out of reach to many, detracts from the true rewards of life, simple yet inspiring daily surroundings that are taken for granted however remain clearly visible, ever present at the end of your nose.

In today's economy living life to the fullest is often associated with working 12-16 hours a day in order to pay for executive homes and expensive automobiles that are nothing more than a mere image of what truly lies beneath the surface.

Climbing the corporate ladder often has rungs or steps missing which lead to additional downfalls which are rarely rectified.

Seeking approval of others with promotions and corporate exposure from colleagues, co-workers and friends is undoubtedly the eventual beginning of a life filled with disappointments and many additional hurdles to jump over.

Surprisingly enough there are those individuals with firm beliefs that deem success is not measured by the size of bank accounts but by personal well-being and the inner spirit that takes the time to pay attention, to unplug from society for only a few parting moments.

Success is becoming a whole person, a person that is aware of his or her surroundings, a person that is appreciative

of sunsets, moonlit walks on the beach and a warm embrace from someone near and dear. Success is a simple wink, admiring landscapes of distant shores seen for the first time or merely taking the time to greet strangers with a friendly and warm smile.

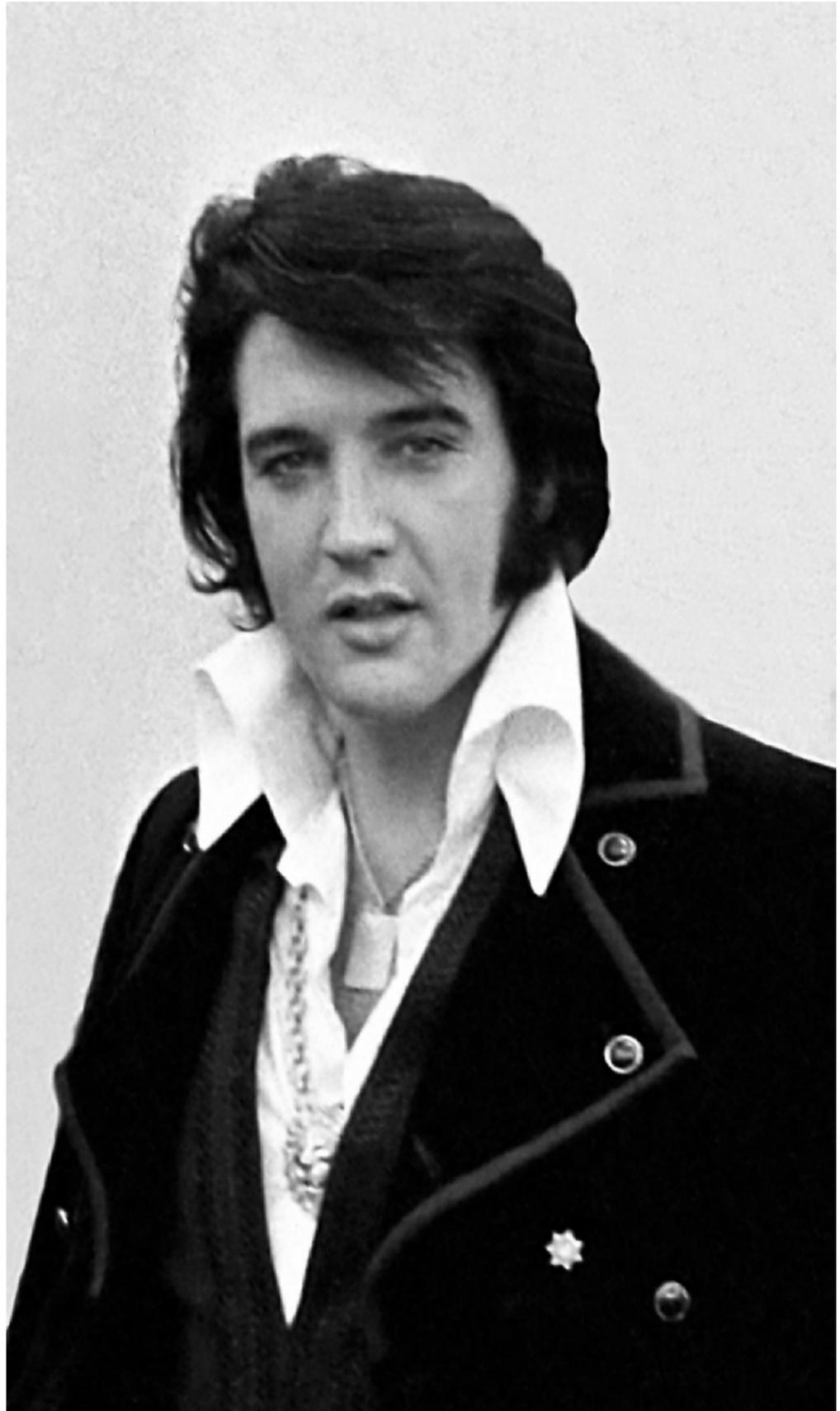
It is a simple fact. There will always be someone that has more or less than you have, someone who is better than you in many different ways.

Comparison is one of the biggest distractions throughout life, one that depletes the soul of feelings and emotions replaced by hatred and ambiguity towards others and oneself.

Comparing yourself to another is an irreversible form of self-destruction that only breeds contempt fueled by misunderstandings and rumors which spread like wild fires through a dry and depleted forest, forever burning.

Be happy who you are, what you have not what you want.

Experience life to the fullest by reflecting on the present, your surroundings and everyday occurrences that may appear ordinary or commonplace



Picture thanks to www.pixabay.com

but are in fact miracles brought forth for all to share.

This article is penned by Lora Davis. If you are someone who wishes to live an extraordinary life, one that gives you fulfillment and financial freedom then the

onus is on you to start living on your own terms.

To know more on how you can do that visit the Extraordinary Life Online website today!

Article Source: http://EzineArticles.com/expert/Lora_

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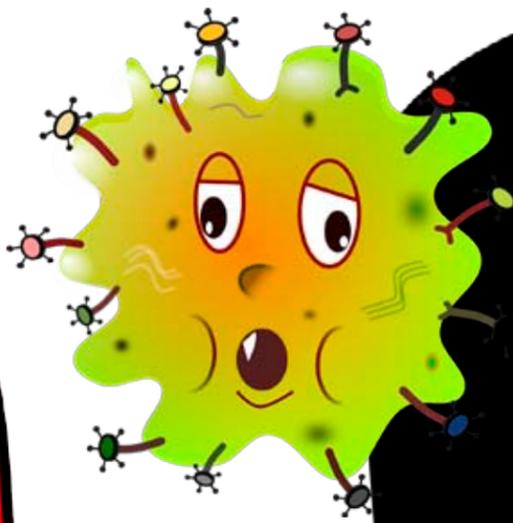
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By Cath White

Improving Your Immune System Naturally

By Robert A Shroy



Whenever you grab your remote and turn on the TV, there are numerous ads promoting various herbal supplements and offers for exotic fruit extracts. These offers are said to boost your immune system, but don't you wonder if there is really any truth behind these claims?

The word "boost" means to strengthen or increase something. However, researchers tell us that we can't "increase" or add to our immune system. But, we can ensure that our immune system is performing at its optimal

efficiency. When you consider that your immune system is not just one organ, but an interconnected system of organs. Therefore, whenever you refer to the "immune system," you may really be referring to your immune response.

The immune response is a protective process where your body's defense forces actively recognize invading bacteria, viruses and fungi. It then releases armies of antibodies so the macrophages and phagocytes can surround the invaders

and devour them. When your immune system is boosted, you want your immune response to be efficient in recognizing antigens, and to repel and eliminate any disease or infection.

10 Natural Ways You Can Improve Your Immunity.

1. "Eat healthy." Eat a lot of vegetables and fruits. Stay away from processed foods because these tend to have been stripped of the naturally occurring nutrients.

Vitamins and minerals are usually not stored in the body so you really need to eat foods that are rich in nutrients and trace minerals consistently. Antioxidants are key nutrients in increasing the body's immunity, and especially vitamin C and the full range of B vitamins.

2. Drink alcohol moderately and responsibly. Alcohol weakens your liver and your kidney. When organs are weak, they cannot aid in the fight against infection.

3. Stay away from mass amounts of caffeine

and nicotine. These are stimulants and too much of these can disrupt your sleep patterns.

4. Get adequate rest and sleep. Most adults need between 7-9 hours of sleep every night.

5. Get adequate amounts of sunlight in order to get Vitamin D.

6. Get adequate exercise. Exercise improves blood circulation and it is the blood that brings the body's defense forces to the site of the infection.

7. Avoid sweets. Sugar encourages the growth and proliferation of bacteria.

8. Garlic has antibiotic and anti-inflammatory properties. Eating fresh garlic can help you fight disease.

Article continued on page..24.

Do You Want To Create Money On Demand?

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Steven Essa spent 13 years as a profession-

al musician before pursuing his goal of financial freedom by tapping into the power of the web, setting up and running automated webinar campaigns that generated over \$120,000 in just 90 minutes.

He became financial-

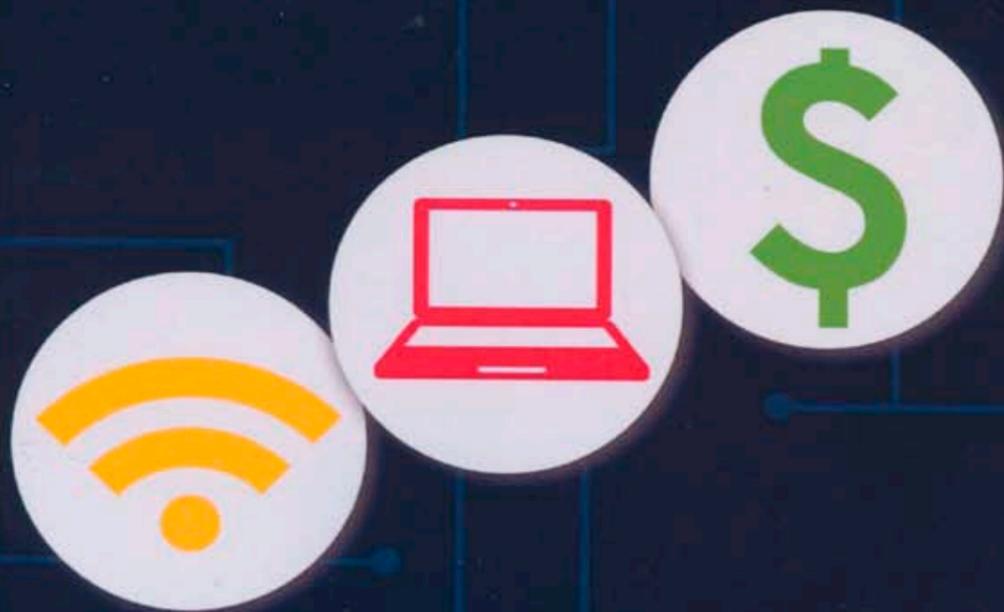
ly free (from over 1/2 a million in debt) by building a fully automated business that leaves him time to do whatever he wants.

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Today Steven and Corinna travel around the world sharing their Money-On-Demand system with thousands of people. Their proven system has been responsible for generating \$50 million + in sales for clients and their own businesses.



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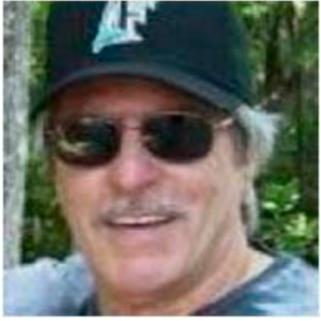
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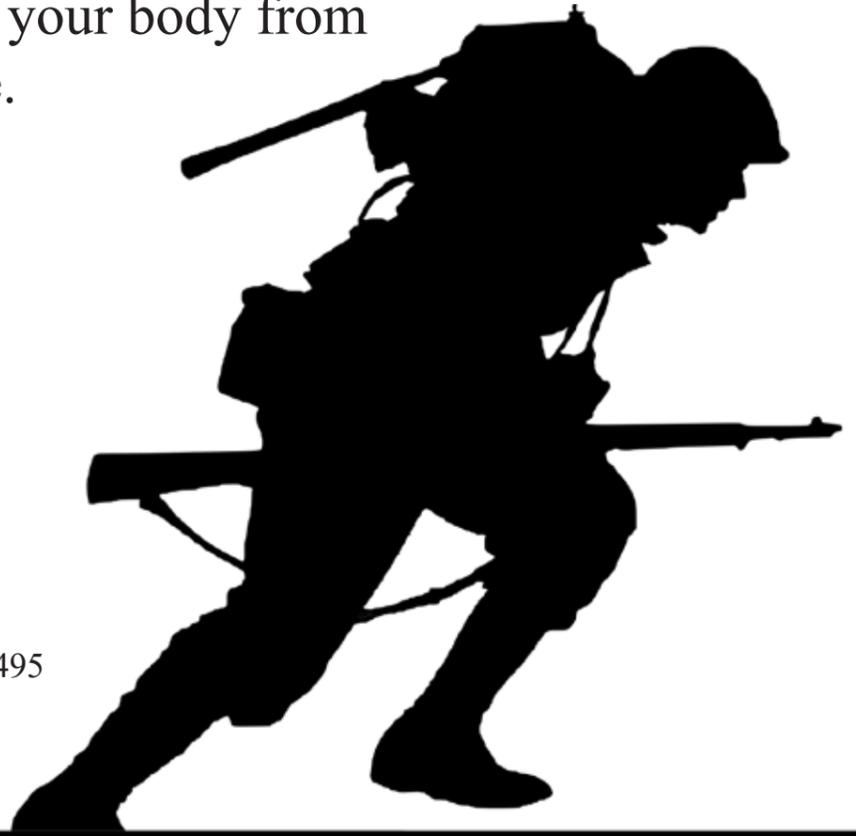
— | Foreword by **HOLLY R. WYATT, MD** | —

Improving Your Immune System Naturally

By Robert A Shroy



Stress distracts your body's soldiers and sends them off to do a job other than protecting your body from disease.



Shroy/450495

Continued from page...20.

9. Ensure that your digestive system has a healthy amount of good bacteria. Good bacteria help you digest your food and squeeze more nutrients from your food. Good bacteria also meet and fight the bad bacteria that you ingest.

10. Maintain good hygiene. Wash your hands, brush your teeth and bathe regularly. Doing this eliminates bacteria, viruses and fungi you pick up with your hands and on your skin.

Reduce Stress

The best thing you can do to enhance your immune response to microbes and pathogens is to stay away from as

much stress as you can. Stress taxes your whole body as well as your mind.

When you're chronically under stress, you can imagine you're working hard to keep your body running at top speed - your heart beating fast, your skin producing sweat to cool you down, and blood racing to deliver oxygen.

If your body's soldiers have to do all this, all the time to meet emergencies and possible threats, they will be unable to do their job of recognizing, tagging and fighting pathogens.

Thus, stress distracts your body's soldiers and sends them off to do a job other than protecting your body

from disease.

All in all, no food supplement alone can boost your immune system. You have to take care of your whole body as well as your mind in order keep your immune response efficient.

Learn how "The Whole Food Lifestyle" and help keep your body operating on all cylinders and at the same time, eliminating harmful toxins into your system to keep you in the best of health for many, many years to come.

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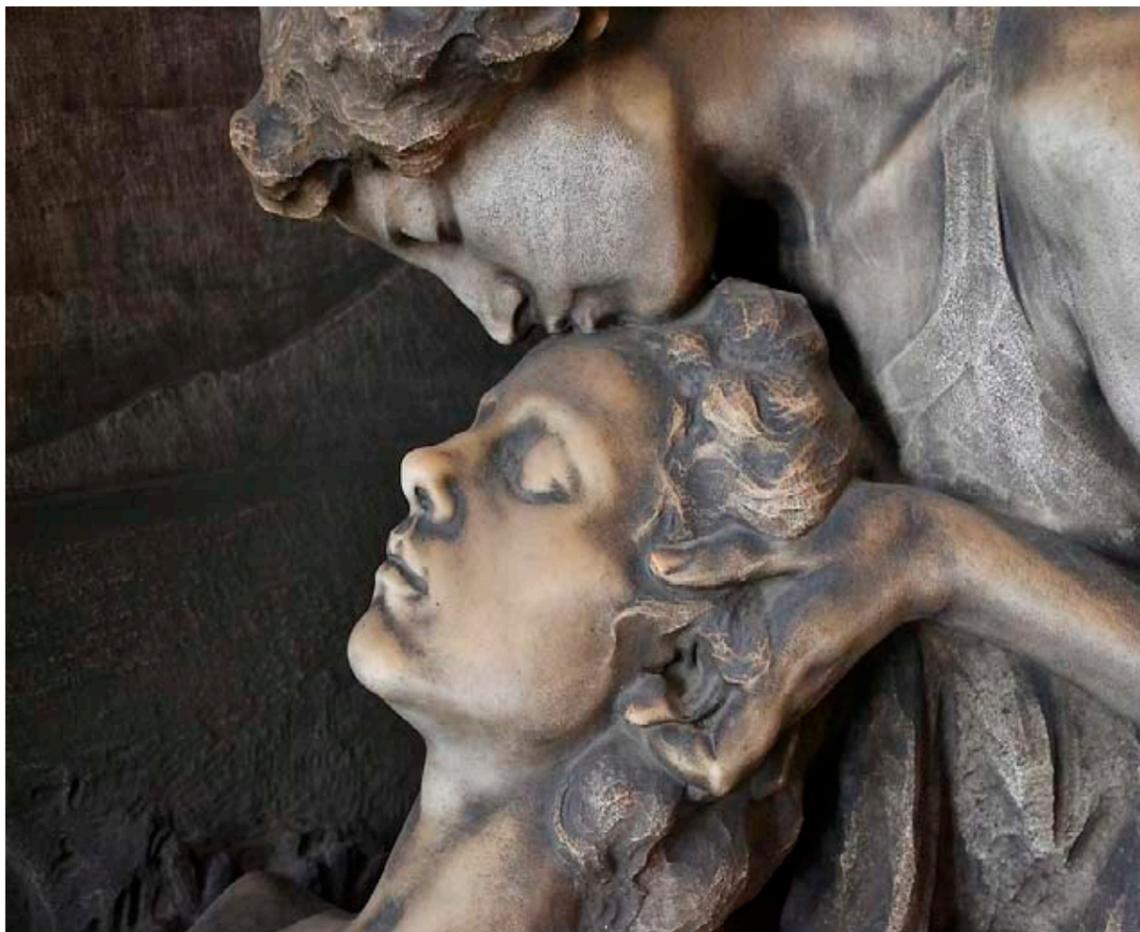


News Straight Up With a Positive Twist

Includes: Jackie May's South Bay

Master The Art Of Loving

By Dr Barbara Gulbranson



"How do I find my soul mate"? "How do I recognize my soul mate when I meet him or her?" "What, exactly, can I do to attract a soul mate?"

These are the most popular questions my coaching clients ask me. I answer these questions the same way each time. "Master the art of loving, and everything else will fall into place."

So many of us assume that true love is what we see in movies and on television.

In Hollywood films, the hero and heroine meet, fall in love, have a falling out and unite in the end to live happily ever after.

At Valentine's Day, for example, love is

measured by how many diamonds, flowers, greeting cards and chocolates are purchased for the loved one.

Women especially focus on their physical appearance with Americans spending more than \$12 billion a year in cosmetic procedures. Sure these methods may bring a superficial, fleeting type of love, but it's not the avenue to true, lasting, spiritual love.

The key to attracting a soul mate is simply this: Master the art of loving in a deep, genuine and sacred way.

The type of love I am talking about is when our heart overflows with love for all, and we see the

light of the Divine in everyone.

This is unconditional love pure and simple -- when we give without seeking, or asking for, anything in return. In this higher state of awareness, love is not reserved for one person alone.

A higher consciousness develops when we are a channel for Divine Love. We undergo a spiritual transformation and expand our hearts to touch all of creation.

When we cross the bridge from conditional to unconditional love, we experience the true joy that giving of ourselves brings. Everything in your life shifts when your heart expands from giving uncondi-

tional love.

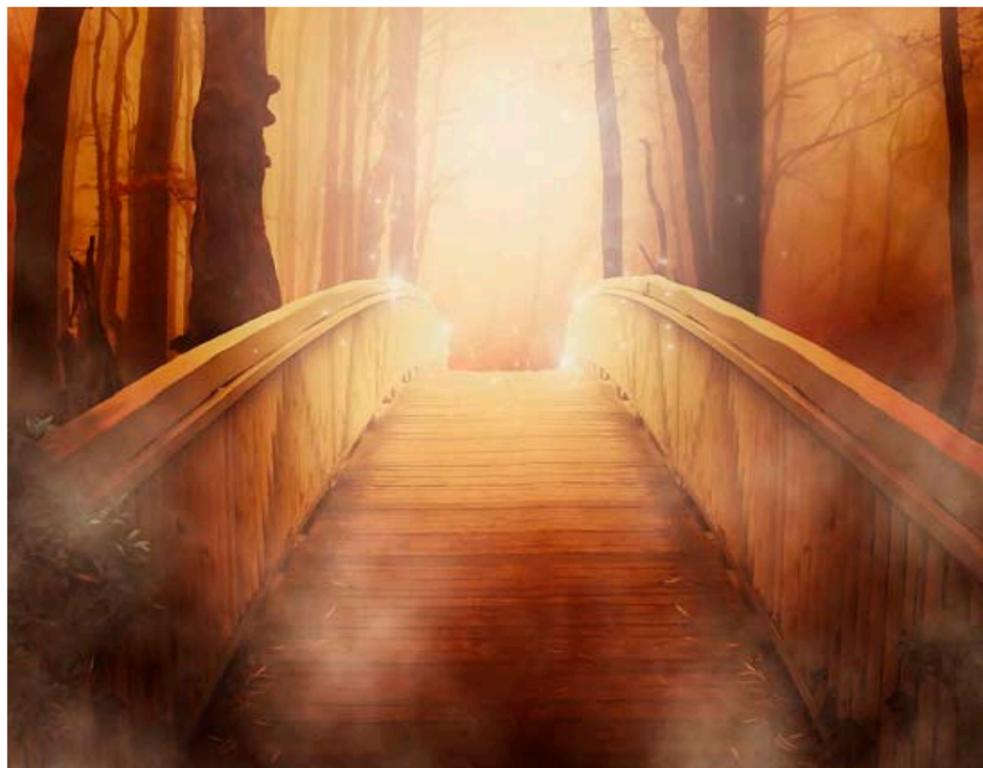
You can no longer hold a grudge. You can't live from fear-based illusions. You cannot indulge in selfishness. Your vibratory rate rises, and your entire life changes because you become a magnetic energy for good. We

must listen to the urge to love beyond human constraints. We are, after all, on this planet to express God's love.

While human forms of love change (people die, leave us, move away), God's love is permanent and everlasting. Love is the most powerful

healing force in the universe. The last time you were emotionally wounded, it was love that healed you, love that dried your tears, love that revealed your wholeness once again.

Article continued on page...29



Master The Art Of Loving

By Dr Barbara Gulbranson



To master the art of loving, give love. Give it fully. Give it freely. Don't keep it for just a chosen few in your life. Expand your love parameters.

Let your radiant light shine and touch the heart of everyone you come in contact with. Give a smile, a touch, an act of kindness and compassion. No one can resist the flame of love that blazes out from you sweetly and beautifully.

Activating the love in you is the most powerful way to attract a

soul mate. Love is irresistible. You become radiant with beauty when you are courageous enough to give your love to all. Keep in mind that your beauty is not measured by your physical attractiveness but in the amount of love in your heart that you shine onto others.

Another important key in mastering the art of loving is forgiveness. Forgiveness is essential to love. That includes letting go of the past.

Holding onto grudges or resentments will

not move you into a healthy relationship. Forgiveness is a key for finding a soul mate because it creates a shift in energy. It sets you free. What happened happened, and you can't change that. But you can change your energy around it. Your ability for happiness decreases as your inability to forgive increases because you have not let go.

Hanging on to the past will block your future. Simply accept the gift from the experience and deepen your connection with God. Experiences of

suffering and woundedness are what's called transformational drama and shake ups that wake us.

It is through these challenges that we learn compassion, kindness and understanding. Struggles such as ones that have transpired in love relationships help us discover renewed strength and inner beauty. As painful as it might have been, forgiving expands us as spiritual beings and we come to a place of softness and gentleness.

The Divine Lover beckons you to forgive, release and respond with love. Then we live in higher vibratory states are fertile ground to meet a soul mate. Expansion of the heart through Divine Love results in love flourishing in personal relationships. All love given is precious. No amount of love exchanged is ever wasted. So don't be afraid to love with abandon no matter what may have happened in the past.

Affirm:
I forgive, release and respond with love.

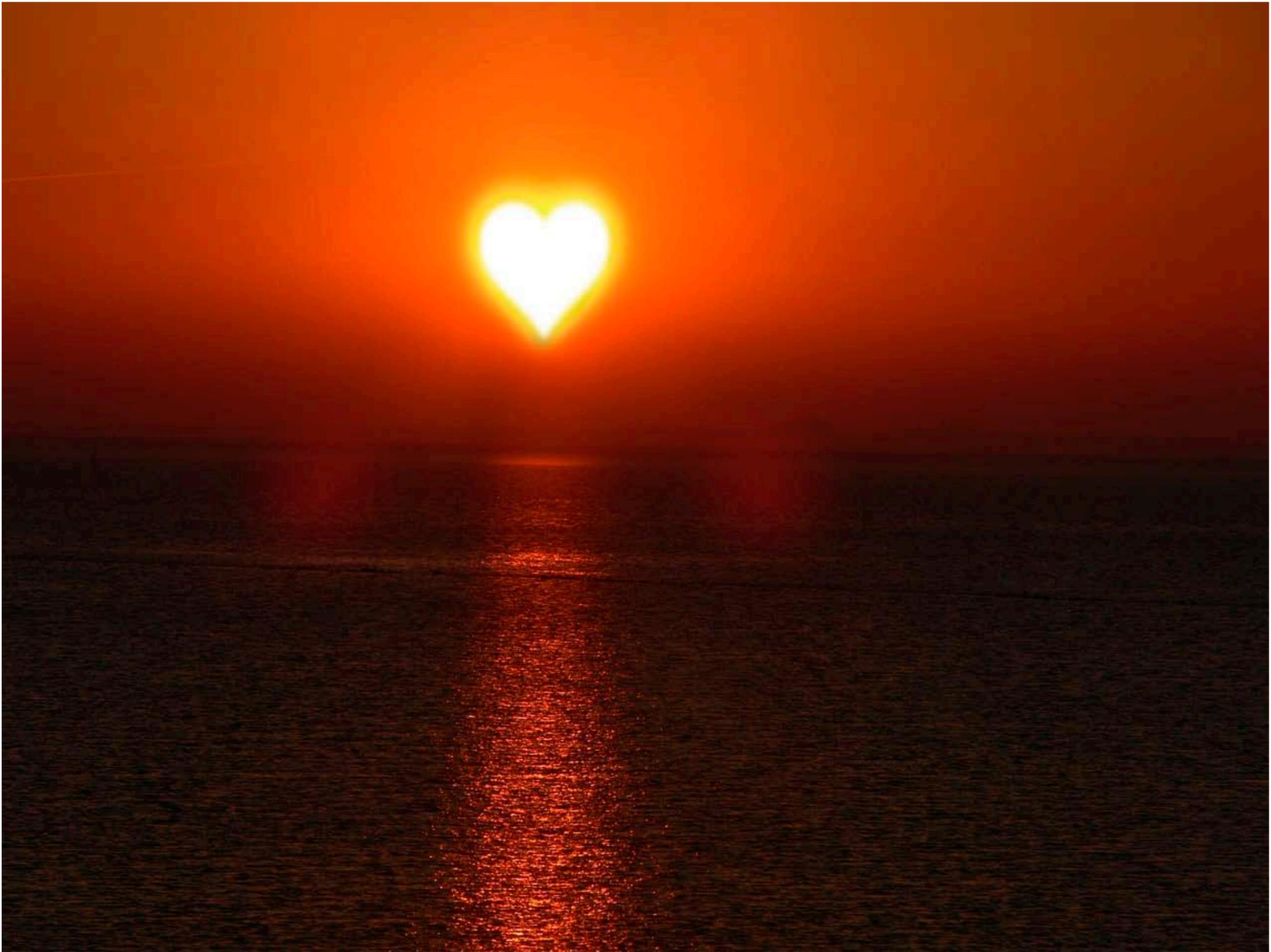
I will love every being and all of creation with all my heart and soul until all of life is enhanced by my love.

I give the endless love God has for me; one heart, one life, one mind, one love.

After practicing Divine Love, you are sure to attract a soul mate. When you do, you will recognize your beloved because you will feel drawn to that person. Continued on page...30

Master The Art Of Loving

By Dr Barbara Gulbranson



My research shows that people who have met their soul mates have felt magnetically drawn to the person stronger than just an attraction. Why? Because the soul recognizes the other person on a soul level.

You feel a familiarity -- like you have known the person all your life. And you have because you have been together before being incarnat-

ed on this Earth. Master the art of loving by loving all in a sacred and holy way. Simply BE LOVE. This is the secret to attracting a soul mate and the key to everlasting joy.

Dr. Barbara Gulbranson is an author, spiritual coach and New Thought Minister. She is a dynamic speaker and a frequent guest on radio and TV shows. Dr. Gulbran-

son is spiritual director of Live Your Joy Institute, a non-profit church without walls dedicated to making positive changes in people's lives by teaching universal principles.

Dr. Gulbranson's life-changing books Live Your Joy: How to Awaken From Spiritual Slumber, and How to Attract Your Soul Mate: The Secrets of Lasting Love have

been called "a must-read for humanity" and "the answer to a million prayers." She is also author of the new e-book, Angel Talk: Five Easy Steps for Connecting With Your Angels.

She is an ordained minister, Hospice chaplain and holds a Doctorate of Divinity from Emerson Theological Institute. For more about the author's books, classes

and coaching services and for free gifts such as downloads, book study guides and inspirational Joy newsletters, visit <http://www.liveyourjoy.org>. Article Source: http://EzineArticles.com/expert/Dr._Barbara_Gulbranson/281422

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