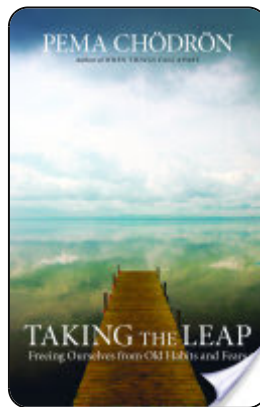


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TAKING THE LEAP

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Discusses the Buddhist concept of shenpa in order to describe how to become free from the destructive energy experienced during moments of conflict.

[Women In Recovery | About The Group](#)

On the fourth Wednesday of every month, the Women in Recovery Meeting meets to discuss a topic related to women's recovery.

[How To Unhook From Negative Thoughts - The Bounce Blog](#)

How to unhook from negative thoughts (37 Comments)Which of the following sounds better to you?

A. "I go to this job because there's no way anyone would hire me somewhere else."

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□□□□□□□□□□□□□□□□ Taking the Leap: Freeing Ourselves from Old Habits and Fears

Joan Tollifson's List Of Recommended Books

JOAN'S ANNOTATED RECOMMENDED READING LIST. This list of recommended authors and books is in no way intended to be a comprehensive, definitive or authoritative list of nondual or spiritual books.

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