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When we see ourselves in other people it can be a great opportunity for growth if we are willing to do the work.

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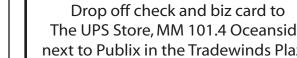
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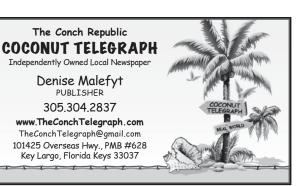
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Stop Annoying Public Cell Phone Users



After a tiring day, a commuter settled down in his seat and closed his eyes.

As the plane took off, the young woman sitting next to him pulled out her cell phone and started talking in a loud voice:

"Hi sweetheart. It's Sue. I'm on the plane".

"Yes, I know it's the six thirty and not the four thirty, but I had a long meeting".

"No, honey, not with that Kevin from the accounting

office. It was with the boss". "No sweetheart, you're the only one in my life".

"Yes, I'm sure, cross my

Fifteen minutes later, she was still talking loudly.

When the man sitting next to her had enough, he leaned over and said into the phone, "Sue, hang up the phone and come back to bed."

Sue doesn't use her cell phone in public any longer. Thanks, Doug Myers!

Most of us have probably

come across the universal

irritate us the most are

wisdom that the people who

expressing qualities that we

ourselves have. This is why

family members can be so

see ourselves in them, and

it's a real opportunity for

it, because it is infinitely

easier to change ourselves

than it is to try to change

another person, which is

For example, if we have a

complaining or trying to con-

trol everything, we can look

and see if we ourselves carry

never a good idea.

those traits.

vice versa. This isn't always

true, of course, but when it is,

growth if we can acknowledge

vexing for so many of us--we

and this is why we feel so irritated not to be in control at work. Even if we look and find that we are not engaging in the same behavior that we see as negative in others, we can still learn from what we are seeing in this person.

The truth is, human nature is universal, and we share many of the same tendencies. What we see in others can always help us to understand ourselves more deeply.

Having the ability to see something in another person, and automatically bring this observation back to ourcoworker who engages in some selves, is like having a builtkind of negative behavior, like in system of checks and balances that enables us to be continually engaged in self-exploration and behavior change.

We may have to look to other situations in our lives to see it, because we behave differently in different environments. Perhaps we don't complain at work, because our coworker overdoes it, but maybe we do it with our friends.

Maybe we aren't controllina at the office, but we're used to being in control at home,

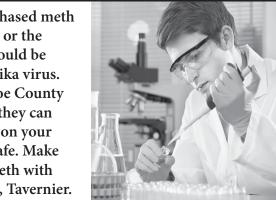
When we see behavior we don't like, we can make a concerted effort to weed it out of ourselves, and when we see behavior we do like, we can let it inspire us to engage in imitation.

Through this process, we read our environment and let it influence us to bring out the best in ourselves.

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ATTENTION METH USERS

If you have recently purchased meth from Tennessee, Florida, or the South Missouri area, it could be contaminated with the Zika virus. Please contact the Monroe County Sheriff's Department so they can conduct a free screening on your meth to make sure it is safe. Make sure to bring all of the meth with you. 50 High Point Road, Tavernier.





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