

Title:

Challenges And The Power Of Acceptance

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Summary:

Inevitably in life we will have to face disappointment from time to time. Sometimes they may b

One important aspect of dealing with disappointment is acceptance. When we keep f...

Keywords:

goal setting,goals,challenges,struggles,obstacles,acceptance,letting go,detachment

Article Body:

Inevitably in life we will have to face disappointment from time to time. Sometimes they may b

One important aspect of dealing with disappointment is acceptance. When we keep fighting again

Practicing acceptance can help ease that inner tension and allow us to see our situation more

Maybe you hate your job or your marriage is faltering. Maybe you are struggling to lose weight

It may take alot of practice at the beginning, but as you continue to do this, something amazi

I believe that everything happens for a reason. We are where we are in our lives right now bec

This is especially true if you continuously find yourself in similar situations! For example,

No matter what difficulties you are struggling with right now, know that this too shall pass.

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