

Face the Discomfort, Repeating Insults, Christmas Week Thrift, & Visiting Grandparents (27m) - Episode 046

Episode 046 looks at aligning your mindset with your goals so as it not allow your brain to sabotage your efforts; responding to an insult during an argument with, "I'm sorry, I didn't hear that, can you repeat it?" and/or "Are you trying to hurt my feelings?"; the deals you can get at a thrift store just after Christmas; and the importance in visiting your grandparents regularly.

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