

Gossip, Close-Mindedness, Anger, Ignorance, & Moving On (22m) – Episode 018

Episode 018 looks at paying attention to the gossip your friends tell; protecting yourself from getting defensive when you read opinions you don't agree with; not responding for at least 15 minutes when something makes you angry; the importance of acknowledging that you don't know something and using it as a bonding opportunity; and moving on from a job that no longer serves you well.

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