

**EAS/EmployeeAssistanceServices**  
**Employee Assistance-Psychotherapy**  
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**“It takes courage to grow up and turn out to be who you really are.”**  
*e.e. cummings*

**“When we accept ourselves in all our weaknesses, flaws, and failings we can begin to fulfill an even more challenging responsibility: accepting the weaknesses, limitations, and mixed-up-ed-ness of those we love ...”**  
*The Spirituality of Imperfection, Ernest Kurtz*