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March, 2009



**“Although the world is full of suffering,
it is full also of the overcoming of it.”**

Helen Keller

**“...human beings demonstrate enormous courage, deep
compassion... Knowing they can be hurt, humans still love others.
Knowing they can die, humans still care about the future.
Facing the draw of meaninglessness, humans still embrace ideals...”**

Get Out Of Your Mind and Into Your Life, Steven Hayes, Ph.D.