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*sharingtohelp***

May 31st, 2020 - for the first time in a good while i ve just finished reading a self help book that i felt was worthwhile it s called the reality slap and is by russ harris for a look at it click here it s a book based on acceptance and mitment therapy act however please don t feel you need to be'

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disappointment and rejection can sting just as much"**slap village reality slap on steam**
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called reality gap sometimes it s a startling reality gap caused by'**

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**a violent crime a disabled child bankruptcy betrayal fire flood or disaster at other times
the slap is somewhat'**

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