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## Life is Fragile

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### Welcome

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Recently, my father-in-law, who had been a healthy, vital 89-year old had to have emergency surgery. Prior to this, my husband and I always felt blessed that we did not have to worry about caretaking for elderly parents. To date, he is recovering but this incident and process has brought out a lot of lessons for me that I wanted to share in this newsletter.

#### Join our mailing list!

 


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### Overview

Here are some of the things I'd like to share with you:

In times of stress, it is vital that there is a sense of support and if this is available through family, it is even more of a blessing.

So much of how we deal with a situation is based on the expectations that we have going into it.

Most of what happens in situations will be a result of how you react to it – this is where your control is.

When you are around family, especially under stress, it's a prime set-up for old issues to arise. But you can manage these if you realize that, in fact, these are old reactions and you can choose to respond differently.

Lots of our interpretations of other people are clouded by our own issues, agendas, or emotions – it's important to be aware of a skewed understanding before you act on your interpretation.

And, most importantly – how very fragile life is – it can change course in a matter of moments. Remember to appreciate the people in your life and let them know it!

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### Resources

Hay, L. *You Can Heal Your Life*, (Hay House, 1999). Siegel, D. & Hartzell, M. *Parenting From the Inside Out*, (Tarcher, 2004).

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### Offerings

Don't forget about the great opportunity I'm offering you to ASK me your most important question about relationships by going to this link: [ASK](#)

It's a chance for you to have your concerns specifically addressed. There are no hidden agendas, no catches – just my attempt to really respond to what **YOU** want to know.

So go to [ASK](#) now and make sure you get to ASK me your question.

I plan on offering the **FREE** teleseminar by the end of September so you need to get your questions in soon to make sure yours is answered. Then watch for an e-mail announcing when the **FREE** teleseminar is that will address the most asked questions!

email: [drk723@aol.com](mailto:drk723@aol.com)

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