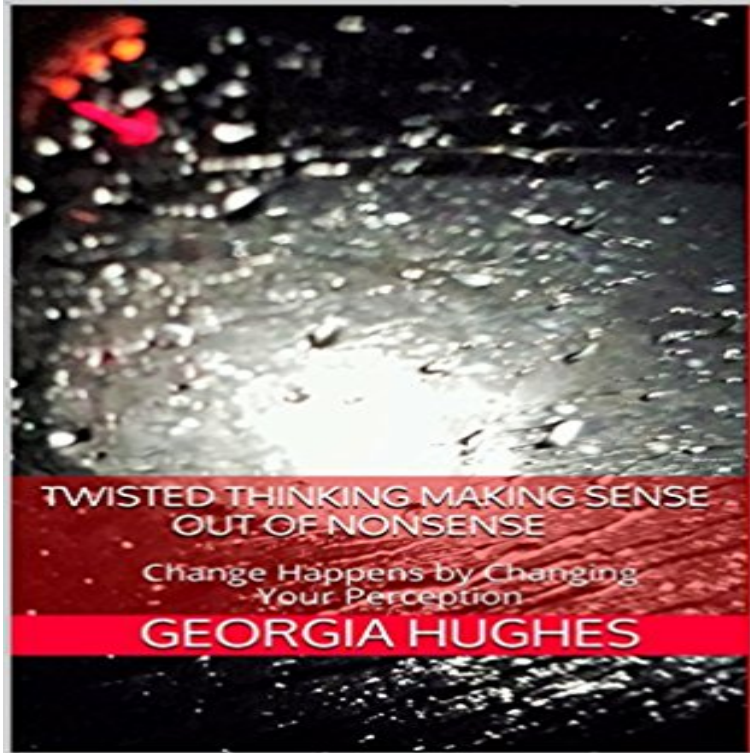


Twisted Thinking Making Sense Out of Nonsense: Change Happens by Changing Your Perception



Fears, Anxiety, Depression, wanting to give up but not really? Full of Self Pity and Self Hate! Twisted Thinking Making Sense Out of Non Sense, using others to feel ok, justifying wrong behavior into wrong action, thinking its the solution and the right action, then end up feeling empty, alone and unsatisfied still? Not having a quiet mind, am I going crazy? Am I the only one who feels this way? If I told someone else what I was feeling they may judge me less than, what do I do? How do I get rid of these unwanted feelings? Every day reading a page will help change your perception to have different by doing different, to help bring understanding, compassion, love for yourself, suggestions and truth that will set you free and make sense out of your non~sense. We start to heal just for today, it will take time (just like riding a bike took time) but youre worth having joy in your heart, peace in your mind, and a life filled with opportunities of everything GREAT as well as a healthy loving relationship with yourself and others. We Move a Muscle to Change A Thought!

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