



In **october**
and all year round

“BE *Patient* and **Listen**™”



Really (((LISTEN))) to others, be patient with yourself too.
Think once. Think twice. Make safe choices.

Use this bookmark everyday in October and patiently slow-down in lavender.

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For more information about *The 12 Habits 4 All of Us*™ contact: elaine_parke@yahoo.com, 814-779-2060.

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