



Forgiveness & Avoiding the Negativity Trap: Eliminate the Negative Accentuate the Positive

Mr David C Johnson

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Coping strategies pertaining to depression are extremely important. Having been a teacher for more than ten years I have arrived at strategies for dealing with those common negatives that we face daily. Giving a short history of my credentials I have outlined how to identify negative 'abduction' situations and how to deal with those who should be avoided. There are also those who we cannot do without and how to keep them in our lives. Enjoy life ... and FORGIVE!!!

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