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Autore	Wacha B. A.
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Sommario/riassunto	<p>Life is not complicated, we just tend to make it that way. Mariah D'Laine Wacha, B.A, Certified Professional Life Coach, states there are really only three guidelines to living a calm and happy life: First "Listen". You have two ears and one mouth for a reason. Listen to people that matter in your life. Take their advice if it is valid. However more importantly listen to your own gut. It will never lie to you. Second is "Respect". Always give respect to others even if you don't agree with them or the path that they are on. Each and every one of us has the right to make decisions for ourselves. Also, above all respect yourself and your boundaries both emotionally and physically. Last, but certainly not least is "Love". Everyone needs love. I always try to send out as much love as I can to everyone. It's amazing what a smile or a small act of kindness can do to change someone's day. Finally, we must learn to "Love" ourselves, wholly and completely. Forgive yourself your perceived faults and your little quirks. It is what makes you special. No one can love you more than you.</p>