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| Nota di contenuto | Discoveries -- My life on the "ranch": just follow the yellow brick road home -- Giving from the Hart: becoming a comforter and a human builder -- Fending off loneliness -- Do you believe in magic? -- Giving and accepting a second chance -- Writing from the Hart: becoming a Cyrano de Bergerac -- One of life's lessons: carpe diem -- Remembering lifetimes -- Serendipity can lead to self-discoveries: more suggestions for healthy living -- A final word. |