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Michael Angelo

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Sometimes it's very hard to let go of our past mistakes, the ego has a hard time letting go. This is why sometimes we are so hard on ourselves, this cause people to attract and create more stressful circumstances in their lives. Learning to accept that our mistakes were meant to be, it helps us grow stronger and wiser as we age. Accepting our flaws and mistakes helps us see the bright side so that we can be at peace with our being.

Our environment had a great deal on most of the choices we have made, realizing that whatever choices we made was based on our maturity, and what we knew. Keeping our environment meaning our living space and our bodies, via mental, physical and emotional healthy is key. Accept that there are certain people we just need to stay away from for our growth.

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