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Subject: Understanding our Brains  
Posted by [william](#) on Fri, 28 Aug 2020 06:55:36 GMT  
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My wife just sent me an article that has helped significantly.

I thought that you all might benefit as well.

It's short and practical; you might glean something from it in these hectic times.

<https://www.alifeoverseas.com/covid-and-culture-shock-feel-the-same-to-your-brain-and-heres-why/>

Blessings,  
William

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Subject: Re: Understanding our Brains  
Posted by [james](#) on Thu, 03 Sep 2020 21:16:11 GMT  
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Interesting, I hit a deer Monday, first one ever in a vehicle. Maybe my autopilot wasn't working up to speed... I was thinking I hadn't consumed enough coffee (5:45 am) but maybe that wasn't the case after all.

btw: deer seemed to have survived with minor bruises; my car fared far better than I would have thought ( had I been thinking)... Grateful that my guardian angel wasn't running on autopilot and that God's mercies are new EVERY morning.

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