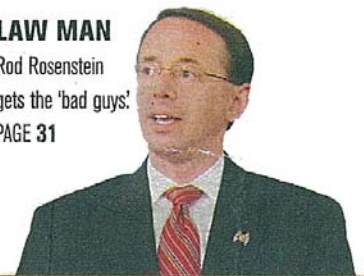


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LAW MAN

Rod Rosenstein
gets the 'bad guys.'
PAGE 31



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CAREER COACH

Question: I feel like I am always trying to win. Everything is a competition. It is exhausting me. Help!

Answer: It can be exhausting always trying to win. Start noticing situations in which this occurs. Ask yourself, "What's important about winning here? Does it matter?" Often we set up competitions and the other person does not even know we have put them in one. It is in our mind.

Pay attention to your language. By using the words "no, but and however," we negate anything that comes before them. This is a way to discount people or their ideas and to show that our own is better. Start using the word, "and" instead. It allows for two thoughts to co-exist without being an "either/or" situation.



MARY ANN
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