

***Title: Conversations***

**Subtitle: Getting to Know Patience With Oursel**

**Second Subtitle: Getting to Know Patience With Oursel**

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URL: [https://www.wizanda.com/modules/newbb/viewtopic.php?topic\\_id=29](https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=29)

In better understanding our own character, it can make us less reactiona  
why we interact, rather than overreact.