
The Reality Slap

By Russ Harris

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different forms sometimes
it s more like a punch the
death of a loved one a
serious illness a divorce
the loss of a job a freak
accident or a shocking'
'the reality slap appendix
4 goal setting*

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has been designed to work
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to fill in the information
requested we will always
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affirmations positive
thinking etc in cbt didn t
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slap is an excellent book
better than traditional cbt
the positive affirmations
positive thinking etc in cbt
didn t change anything for
me because what s
happening in my life is
truly horrendous and no
amount of affirmations
will change my reality
trying that made me feel
like a failure because i
couldn t seem to pull it
off'

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different forms
sometimes it is so violent
it s more like a punch
the death of a loved one
a serious illness a major
injury a freak accident a
shocking crime a
disabled child the loss of
a job bankruptcy
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illness a divorce the loss
of a job a freak accident
or a shocking betrayal
sometimes it s a little
gentler envy loneliness
resentment failure
disappointment and**

rejection can sting just as much"slap of reality discography discogs June 5th, 2020 - slap of reality s second ep time alone was released on kevin seconds 7 seconds label pazzafist records in 1990 which helped springboard their signing to cargo headhunter records to release their first lp 3 lefts make a right later elektra records came calling and the band signed a major label deal via a partnership with the'

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the loss of a job a freak
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betrayal sometimes it s a
little gentler envy
loneliness resentment
failure disappointment
and rejection can sting
just as much'*

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different forms
sometimes it is so violent
it s more like a punch
the death of a loved one
a serious illness a major
injury a freak accident a
shocking crime a
disabled child the loss of
a job bankruptcy
betrayal fire flood
divorce or disaster
sometimes it s a little
gentler envy loneliness
resentment failure
disappointment or
rejection'**

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amp robertson**

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reality slap takes many
different forms**

**sometimes it s more like
a punch the death of a
loved one a serious
illness a divorce the loss
of a job a freak accident
or a shocking betrayal
sometimes it s a little
gentler envy loneliness
resentment failure
disappointment and
rejection can sting just
as much'**

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the reality we re faced
with a so called reality
gap s"*the reality slap on
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different forms sometimes
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death of a loved one a
serious illness a divorce
the loss of a job a freak
accident or a shocking*

*betrayal sometimes it s a
little gentler envy
loneliness resentment
failure disappointment
and rejection"***reality slap
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from lisbon the best of old
school aggression with a
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slap can be something that
happens in life like an
illness fire bankruptcy
divorce or loss of a loved
one dr russ harris is an
australian and i responded
immediately to his down
to earth writing style and
he gave me much food for
thought'

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peace and fulfillment
when life**

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different forms sometimes
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serious illness a divorce
the loss of a job a freak
accident or a shocking

betrayal'

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clips pix blogs you mean
theslap wele to theslap
where you ll find all the
hottest pix clips and
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and teachers"**the reality
slap how to find
fulfilment when life
hurts**

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it s more like a punch
the death of a loved one
a serious illness a major
injury a freak accident a
shocking crime a
disabled child the loss of
a job bankruptcy
betrayal fire flood
divorce or disaster'**

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different forms
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a punch the death of a
loved one a serious
illness a divorce the loss
of a job a freak accident
or a shocking betrayal
sometimes it s a little
gentler envy loneliness
resentment failure
disappointment and
rejection can sting just
as much"the reality slap
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forms sometimes it s more
like a punch the death of a
loved one a serious illness
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a freak accident or a
shocking betrayal
sometimes it s a little
gentler envy loneliness
resentment failure
disappointment and

rejection can sting just as much but whatever form your reality slap takes one'

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a freak accident a violent
crime a disabled child
bankruptcy betrayal fire
flood or disaster at other
times the slap is
somewhat'**

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reality slap takes many
different forms
sometimes it s more like
a punch the death of a
loved one a serious
illness a divorce the loss
of a job a freak accident
or a shocking betrayal
sometimes it s a little
gentler envy loneliness
resentment failure
disappointment and
rejection can sting just
as much'**

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peace and fulfillment
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it s more like a punch
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flood or disaster at other
times the slap is
somewhat'
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