



Patience: How To Acquire This Powerful Virtue

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Impatience can result in feeling stressed, which can impact your mind, causing you to feel anxious, and worried. And it can impact your body by causing tension in your head, neck, shoulders, and back.

Fortunately, you can learn to get still and be patient, which will allow you to de-stress and relax.

Being patient does not mean you can't be expectant, eager, or have much anticipation about something. It just means you have those feelings without frustration or angst.

Fortunately, patience can be acquired and developed by anyone, anywhere, at any time. Tapping into your innate ability to be patient will help you live a better quality of life.

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Sandra Maes:

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