

**BREAK FREE OF YOUR RUT: 10 STEPS TO  
DISCOVERING AND BREAKING THE PATTERNS THAT  
DOMINATE YOUR LIFE**

**Eric Aman**

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Furthermore, as lobsters grow, they moult, or shed their shells, which leaves them soft and vulnerable for extended periods of time. I have; with a family history such as mine, one develops not only radar, but underwater sonar for right-wing bigotry; but even more important, one learns to recognize the kind of person with the comprehension, tools, good will and courage to combat it, and Jordan Peterson is

that person. Even the toughest of six-year-olds is no match for someone who is nine.

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