

CEP Magazine – June 2018 So, how's your day?

By Kristy Grant-Hart

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“I’m so stressed.” “So busy.” “I’m overwhelmed.” All day long we’re asked, “How are you doing?” It’s not really that the other person wants to know. It’s a greeting—a polite way of beginning a conversation. Because this is a rote question, we typically have a rote answer. Most of the time, the answer is negative. We don’t even think about what we’re saying.

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