

CEP Magazine - March 2020 What you can and can't change

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What can you change about the past? Can you change your actions? Can you make your boss respond differently to you? Can you *not* quit that job, or not snap at your co-worker? The answer is no. We cannot change a single thing that has already happened. And yet, every day, millions of people spend their time in regret, wishing that things were different than they are.

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