

# 3 minute thoughts

## Episode 7 You don't blame anything on

### THE IDEA

You don't blame anything on menopause, old age, or pandemics.

Why? They just are. Like wind blows, rain is wet, the sky is blue.

Our pandemic experience is a shared experience of common humanity. Let's work with it, move through it, and past it.

### THE QUESTION

How do I

- stop blaming
- work with what I've got
- determine what I can make happen

to build my future self?

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