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*How to Solve  
Our Human Problems*

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When things go wrong in our life and we encounter difficult situations, we tend to regard the situation itself as our problem, but in reality whatever problems we experience come from the side of the mind.

If we responded to difficult situations with positive or peaceful mind they would not be problems for us. Eventually we might even regard them as challenges or opportunities for growth and development.

Problems arise only if we respond to difficulties with a negative state of mind. Therefore, if we want to be free from problems, we must transform our mind.

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