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**May 13th 2013: Break the Cycle**

What are the patterns and cycles within your family system that carry on from one generation to the next? What are the habits and behaviors that show up between mothers and daughters; and fathers and sons. Somehow no matter how much we may say we are going to live our lives different from our parents, all too often the same things continue to show up. This show will help listeners to identify those negative behaviors that have been passed down and become a part of our norm. Join Melissa Brown and her special guest Rev. Sherita Moon Seawright as they dialogue about strategies for breaking n

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