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# ACU\_Saunders\_MS575\_5005a

Sat, Jul 15, 2023 9:03PM 1:05

## SUMMARY KEYWORDS

gift, heartbeat, loneliness, hartford connecticut, free gift, word, feel, highland, enmeshed, escape, letter, belong, pencil, struggle, sponsored, laughing, write, spider, web, warm

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00:02

Hi, I'm Landon Saunders. This is Heartbeat. And I've picked out a gift for you. One, I think you'll like get a pencil so you can write for your free gift. Everyone's at home around the tree opening gifts laughing except you

00:18

or you will be there but but instead of feeling warm and good, you feel out of place like you don't belong. Like you have little in common with your family.

00:28

Loneliness. It's like a spider's web isn't it? If you struggle to escape, you just get more enmeshed. It will make you crazy. Well, I want to show you a way to make your loneliness work for you instead of against you. And that's the gift I want to send you a small book that will help you do just that. To get your free copy, just put the word gift on a postcard or in the letter and send it to Heartbeat, Hartford, Connecticut, put the word "gift" on a postcard or in a letter and send it to Heartbeat, Hartford Connecticut. Heartbeat is sponsored by the Highland Church of Christ.