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ACU_Saunders_MS575_5039j

Wed, Jul 19, 2023 1:06PM 1:04

SUMMARY KEYWORDS

saunders, heartbeat, landon, damages, shucks, short tempered, irritable, heart attacks, nurtures, obnoxious, address, impatient, encourages, uptight, cut, brighter, ulcers, suicide, beginning, grumpy

SPEAKERS

Landon Saunders

00:00

program number LSC to 30 Hi, I'm Landon Saunders. This is heartbeat. And if you're a grumpy, uptight, irritable, short tempered, impatient, obnoxious person, listen very carefully to some very important advice. And the advice is, cut it out. That's right, cut it out, it'll kill you. And it damages the people around you, and you don't want to be a suicide or a murderer. Now, here's the great news. You can be a person who nurtures and encourages the people around you at home and at work and you will be beginning this very minute. And people are gonna like you and respect you. And at the same time, they will perform better, the atmosphere of your life is going to be so much brighter. Shucks ulcers and heart attacks won't have a chance around you. Right. Right. I'm Landon Saunders. My address heartbeat Hartford Connecticut. Oh 6142 This is heartbeat.