

# Every good decision starts with a stop

We must stop to sort out facts from rumors, to evaluate the evidence and devise alternatives so we can choose the most effective and ethical course of action.

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## The beginning of positive thinking

Clearly, extreme unreflective optimism can mask risks that need to be considered by prudent people, but I suspect more people suffer because of negativism than optimism.

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## 10 secrets to helping kids share

"It's mine." "But I had it first!" "I want a turn!" Sound familiar?

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# **Keep your child safe from cyberbullying**

Cyberbullying is one of the most common problems among children today.