

Author & Psychologist–Master

**LOUISE A. DIETZEL, M.S.**

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*Rules for Life*

*I am responsible for myself and to myself.*

*I create my own experiences and feelings.*

*When I speak, I say more about myself than what I say about the other person.*

*At any given time, I'm doing the very best I can do.*

*I can be kind and gentle with myself.*

– Louise and Sam Dietzel

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*Parenting with Respect and Peacefulness*  
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