



## Are You Thriving or Just Surviving?

Thriving is not about avoiding the difficulties of life – it's about confronting and dealing with life in a resilient, optimistic, and hopeful way. We will talk about ways to help someone develop the attitude, characteristics, and potential to thrive despite circumstances that may be thrown their way.

Please note that some early episodes will now be temporarily unavailable on streaming platforms. All episodes will still be available to listen to on [MyODP.org](https://www.myodp.org).



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