



Summertime never comes soon enough and never lasts long enough. It's a much-welcomed time for most of us, offering a chance to spend more time in the warmer weather with friends and family. As we are enjoying the days of summer, before we know it, the transition from long leisurely days and nights to brisk fall weather will soon be underway. Fall creates new challenges as we switch into a new gear – getting our home ready for the cooler weather, making new plans, or simply managing time more effectively. Get more out of your summer and look forward to the seasonal changes as we explore how to manage these stressful moments. In the upcoming August podcast, we will take a close look at how we add to our stress and some practical RI tools for improving our PRACTICE. We will focus on the topic of IMBALANCE, combining real-life experiences and Dr. Low's writings to live a balanced, calm and peaceful life.

*"Obviously, some factor operating in nervous patients upsets the pulse of their sensations and interrupts the stream of their thoughts. That factor is an abiding sense of insecurity, producing, through concentrated preoccupation, sustained tenseness and preventing the nervous system from relaxing."*

*Mental Health Through Will-Training (5th edition) Ch 41, pg. 243*

*"To cure a nervous patient means to change his mental attitude, that is, to make him drop his romanticisms and intellectualisms and to substitute a realistic outlook. If this is accomplished, a mental attitude of self-trust is installed, and the physical and mental tools of the body can then aim straight at their goals, without fear, without self-consciousness, without morbid preoccupation."*

*Selections from Dr. Low's Works, pg. 48*

## The RI App is now available!

Features 85+ RI spots at your fingertips and more! This app makes it easy for you to find a meeting, access your member portal, check your membership status, donate to RI, and best of all, find spots (and mark your favorites) when you are feeling anxious, sad or have negative feelings. FREE on iPhone and Android devices. Search "Recovery International" on your phone's app store.



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# News from Headquarters

We consistently try to find new ways to spread Dr. Low's teachings, to support our members and reach new prospective members. So we are delighted to announce that the new RI app is available – for free! You can download it for your Apple/iPhone or Google/Android device from their app store; just type "Recovery International" in the search box. While the app has many features that will make it easier for you to find a meeting, make a donation, or connect with your RI account, we have heard from many people who love the convenience of having 86 unique spots readily available on their phone. A list of Dr. Low's tools is now at your fingertips! You can mark your favorite spots and they will save to a list of your favorites, so you can easily pull them up whenever you like. We have a [video on the homepage](#) of our website that will walk you through the process of downloading the app and will show you how to use some of its features. Check it out!

As groups try to navigate having four editions of *Mental Health Through Will-Training* in print, we have added a chart to the Resources page of our website of [Edition Comparisons](#). With this guide, you can find the first page number of any chapter for all four editions. It makes shared readings much easier to locate at meetings! Many thanks to our RI President, Celinda Jungheim, for compiling this list.

We have an updated [12-page Newcomer packet](#) available on our website. If you lead an in-person meeting, call our office to obtain print copies for the newcomers who attend your meeting. There is also a new packet of 25 readings from the Fifth Edition of *Mental Health Through Will-Training* that is available as a PDF or print copy for groups that want to share exactly the same reading at their meetings.

Looking to the future, we are planning to celebrate the 90th anniversary of Recovery International with a Chicago area conference in 2027. More details will be announced beginning this fall. But do start planning now to attend. Zoom and telephone meetings are wonderful, but gathering in person has its own rewards. Until then, we are offering global virtual online conference sessions each month for free.

Thanks for all you do to support RI, and for helping to spread the word about Dr. Low's teachings!

With warm wishes,



Karen G. Hall, CEO



## Global Virtual Conference Sessions

To register for sessions, go to [recoveryinternational.org/trainings](https://recoveryinternational.org/trainings) or call (312) 337-5661.

### **Ignite Potential: The Power of Mentorship**

Sunday, August 17, 2025 at 5:00 p.m.  
Eastern time via Zoom

Effective mentoring is more than giving advice – it's about building relationships that empower, inspire, and foster growth. Learn what it takes to be a strong mentor and how you can ignite the spark in the next generation and contribute to the success of RI. This session is designed FREE to all.

### **Question, Persuade, Refer Suicide Prevention Training**

Thursday, August 28, 2025 at 8:00 p.m. Eastern time via Zoom  
Sertoma Star Services is offering suicide prevention training just for RI. QPR

Gatekeeper Training allows you to recognize warning signs of suicide, know how to offer hope and know how to get help and save a life. FREE to all.

### **Introduction to Special Focus Meetings**

Sunday, October 19, 2025 at 6:00 p.m.  
Eastern time via Zoom

We now offer seven special focus meetings—Chronic Physical Conditions, College-Aged, Caregivers, LGBTQ+, Peace with Eating, Spot Your Progress, 12 Step People, as well as meetings in Spanish and Japanese. Join us to learn what each meeting has to offer and find out if one may suit you or someone you know. FREE to all.

### **Got a Situation that is Stressing You Out? There's An App for That!**

Thursday, September 25th at 7:00 p.m.  
Eastern time via Zoom  
Ever wish you had a "Don't Panic"

button in your pocket? The WhyNotSpot-It app allows users to spot triggering situations in the moment, gaining relief right away. The app was created by the consulting firm DillonMarcus to help workplace professionals respond to situations in a more emotionally intelligent manner. Visit [www.whynotspot-it.com](https://www.whynotspot-it.com) to download the app for free! FREE to all.

### **Group Leader Training**

October 20, 22, 27 and 29 from 7-9 p.m. Eastern time each day via Zoom  
Here's your opportunity to take your Recovery training to the next level. Complete this training and work toward becoming a certified Assistant or Group Leader for RI Zoom or in-person meetings (\$35 for current members, \$70 for non-members includes one year of membership). Scholarships are available if needed—just ask!



# Roaming the Globe

## SAN DIEGO, CA

**Thank you, Lisa Garcia, for 25 Years of Area Leadership!**

When we think of Lisa, we think of the ever-present person who has time for everything and everyone and adds that little extra touch to everything she does. After 25 years of Area Leadership in San Diego, Lisa has relinquished her role as Area Leader to Judi Bakke. This change will give Lisa more time to concentrate on the responsibilities as RI's San Diego County Regional Director. In this position, Lisa has fostered relationships in the mental health community which have made a difference in RI's presence in San Diego County. Lisa's dedication to her duties has gone beyond the usual 9-5 workday. Stepping away as Area Leader allows her more time to concentrate on the full-time job of keeping these relationships thriving. The transition of the Area Leader role was formally announced at the joint San Diego and Los Angeles Counties' RI Group Leaders Training Meeting in March. During this meeting, the San Diego Group Leaders poured out their tributes and gratitude to Lisa for her leadership skills, her caring attitude and her unwavering support to RI. Lisa was also presented with a very beautiful and special silver bracelet as a small token of gratitude for many years of service.

– Submitted by Judi Bakke, Area Team Member



## NEW YORK

In acknowledgement of all the years of volunteering with RI, the Western New York leaders celebrated at a restaurant in their honor. In the picture (left to right): Tom Sansone, former Area Leader and now Group Leader (55 years); Michele Phillips Group Leader (37 years); Joyce Zimmerman, Area Leader and Group Leader (53 years); Rena Massis, Group Leader (43 years); and Rick Granger, a former Group Leader and now an Assistant Leader (30 years). Everyone should endorse for a total of 218 years altogether!

– Submitted by Joyce Zimmerman, Area Leader



## HELLO FROM IRELAND!

We had a wonderful time at our Recovery Conference 2024 with over 40 attendees (some pictured here). We enjoyed socializing and catching up with fellow members and some enthusiastically purchased Dr. Low's CDs and books. We read from Chapter 3 on "Fate and our Will" and worked through examples. Finally, members shared their experiences and gratitude for the support and skills they've gained through Recovery. Our philosophy is to help others and gain happiness through serving others. We're grateful for our community and look forward to continuing our journey together.



### Here's a rundown of what's new for Recovery Ireland:

- Recovery Ireland adapted to COVID-19 by shifting to online meetings, peaking at 10 weekly Zoom sessions. Physical meetings reopened – slowly building with 14 currently running, despite challenges in attendance and leadership.
- Members join from around the world including the US, UK, Europe, India, Uganda, Australia and more. We're open to facilitating new groups wherever there's interest and leadership.
- Join us in Dublin, Ireland for our annual conference on November 22, 2025 featuring networking, learning, and community building.
- We're experimenting with starting a meeting in psychiatric hospitals to reach more individuals in need. As Charles said, "It's good to talk with our target market."

### Looking ahead, our goal is to:

- Expand outreach, especially in clinical settings.
- Ensure meeting sustainability through leadership development.
- Network with other mental health providers as much as possible.

– Submitted by Charles Kelly, Recovery Ireland Area Group Leader and Director

## Recovery Examples

**STEP 1:** When I woke up in the morning, I felt tired and didn't want to get up. This has been going on a lot lately.

**STEP 2:** Then the thoughts came up regarding the mistakes I've made in the past and regrets of the things that I should have done and didn't do. I had tension in my shoulders and back. I had lowered feelings and a feeling of crying inside my chest. I had the disturbing impulse to stay in bed.

**STEP 3:** I spotted that it is sabotage to lie in bed and think these thoughts. I could move my muscles to get up. I remembered that muscles will obey commands if the command is made resolutely. I told myself I would get up no matter how tired I felt, and that those feelings of nervous fatigue are distressing but not dangerous. I could trigger spot thoughts and change them. I spotted that "regrets are average" and that it was fearful temper in the form of blaming myself that made me feel so bad. I spotted that "the past is outer environment," and "don't let outer environment reach me over the bridge of temper." I endorsed for getting out of bed. That was a toughie. I endorsed myself for all the times I've practiced Recovery.

**STEP 4:** Before Recovery, I would have stayed in bed wishing that I weren't alive and I would have cried for a long time. I wouldn't have known about fearful temper and how it makes you sick. I would have believed those thoughts that I was a terrible person, and I would have felt worse and worse. I could have eventually gone into the hospital.

- Douglas Morrison

## Testimonials

My mother always found great comfort in knowing there was such a supportive and positive atmosphere in the Fairview [Dublin, Ireland] meetings. When I was younger, I would often take her book to draw strength from my inner core and to combat my own feelings of negative thoughts, especially during difficult times when my mum was unwell. Unfortunately, both my parents have passed away recently. Going through their possessions was tough, and one of my mother's most cherished items was her Recovery book. I know she had it, but unfortunately, I couldn't find it. Having this book would've meant a lot to me, as it would have been a testament to her strength and courage she demonstrated in maintaining a healthy mind by being a member but always going back to her book for guidance.

- Mary, Recovery Ireland member

I experienced a setback after the loss of my mother a year ago, and a few months after that I had a serious horse-riding accident. Processing grief takes energy, as does healing from being injured, and in the midst, I developed more temper over trivialities than normal. I became afraid of leaving the house. I began avoiding people, and I didn't get the mail for weeks. I had fear of getting sick and was convinced that a small bump on my head was cancer. (Later my doctor diagnosed it as a harmless cyst.) I started using the spot "Be self-led not symptom led" and began to say "yes" when friends invited me out. I used the spot "Objectivity terminates a panic" and was able to leave the house for errands. Now I do all the things I feared to do—go to the gym, volunteer at a dog shelter, get the mail. I have even gone out on dates with a lovely man I happened to meet. Last week, I took a boat ride seven miles out to sea, where we had previously released my mom's ashes. I had been afraid to do this before, even though I wanted to honor my mom. I worried, "What if the deep sadness returns and never leaves me?" I remember that Dr. Low says fear of the permanent handicap is average, but after every setback, there's a comeback. I took the boat ride. If average people can heal from grief, and from accidents and physical injury, then I can too. The rope can feel short, but if I use the method to NOT avoid, then it becomes long again. I can feel myself growing stronger. I'm so grateful for Dr. Low, for the Method and for all of my RI fellows!

- Sherri Crispin, CA

I just want to share the benefits and gains that I made from being a Recovery member. I came into Recovery about 10 years ago with multiple symptoms of severe anxiety and depression. I wasn't functioning, sleeping, or eating well. It was painful to get through the day. I didn't think I could survive another day. Someone gave me the phone number of a Recovery leader, and I remember the first spot he told me was, "When central management breaks down, the muscles will step in and take over." I remember getting off that call, going to work the next day with a renewed sense of hope that this can work and help me. I attended meetings, made spot calls, and practiced my spottings. I was doing well. I even got married and had a child. I stopped practicing Recovery for a while and had a severe setback that required 2 hospitalizations and a new diagnosis. I knew this was because I hadn't been keeping up with my Recovery practice, but I knew how to get out of this. I swung right back into practicing Recovery. I remember in the hospital, I was allowed to use an iPad, and I attended a Zoom meeting from my room! I had been practicing Recovery religiously and since then, I have been enjoying a healthy and happy home life with my husband and child and a great job! I am looking forward to many more gains! We are always apprentices, never journeymen, always learning better how to spot and strengthen our inner environment.

- Anonymous, NJ



## Admit It, You Did It. Endorse!

You practiced hard and made a change—  
you used your tools and rearranged  
your thoughts from negative to secure.  
You're on your way to a healing cure.

Endorse yourself for efforts done  
that yield rewards so duly won  
by following the words of Doc,  
you used your Will and learned to spot.

You now suppress your temper flares,  
allow your feelings to be aired.  
You've been group-minded, all the while  
you've given up your sovereign style.

You bear discomfort to later gain  
reward of comfort, less the pain.  
You have the courage to make mistakes,  
and lower standards for your own health's sake.

You stopped the know-it-all vanity  
and humbled self to average be.  
When you deal with symptoms old,  
You are a Realist, strong and bold.

You dropped the judgment you once had  
for things that scared or made you mad.  
You now do part acts to relax  
the anxiousness that caused "attacks."

You've taken danger out of play  
when old panic comes your way.  
Objectivity is your plan,  
and moving muscles as you can.

Muscle movement keeps you safe  
from falling into setback states.  
But when you fall, if not afraid,  
a new set-forward then is made!

You're led by self, not symptoms felt.  
With temper out, in comes your health.  
Your Will's become a vital force.  
You are spontaneous, endorse!

You did it! Admit it! Endorse, endorse, endorse.  
You trust your functions now, of course.  
You like yourself; you are worthwhile.  
You've learned to wear the inner smile.

— Fran Goldstein

## Announcements

### New Special Focus Meeting: Peace with Eating

Saturdays at 3:00 p.m. Eastern time via Zoom

Eating is personal. Sometimes we feel like certain acts are big deals that work us up, when they are, in fact, trivialities once spotted. In this meeting, we'll identify the ways we use food to sabotage and to self-blame. We will practice the RI Method and learn to stop judging ourselves for our food acts and make peace with eating.

### New Special Focus Meeting: 12 Step People

Sundays, 8:00 p.m. Eastern time via Zoom

This group provides a safe and confidential space for anyone attending any 12 Step program to practice the RI Method. For those individuals interested in the benefits of utilizing both programs jointly, this meeting focuses on using the Recovery International 4-Step Method on issues related to working a 12 step program. Meetings last one hour.

### Fall Podcast Series— "Tuesdays with Dave"

12-week series every  
Tuesday—August to  
November

The first podcast is on the  
Topic of IMBALANCE. Tune

in for a good listen into a

deeper dive of Dr. Low's writings. These podcasts are quick reminders to sharpen your practice skills during your busy day. If you received an email for any prior book club sessions, you are on the list. Otherwise, please email [davesdecafe@gmail.com](mailto:davesdecafe@gmail.com) to be added to the list. FREE! NOTHING TO DO! It's mailed directly to your inbox!



### Recovery Reporter needs your input

The Fall issue deadline for submissions is October 1st. Please send us your testimonials, examples, stories of hope, and events you hosted in your area over the summer with photos. If you miss the deadline, no worries – send them anyway! Email to: [editor@recoveryinternational.org](mailto:editor@recoveryinternational.org) or mail to Recovery International, 1415 W. 22nd Street, Tower Floor, Oak Brook, IL 60523.

# Welcome New Life Members

In each issue, we will highlight new Life Members to RI. Thank you for increasing your membership level to support our programs and help pay for others who can't afford to give.

## Maryka Bhattacharyya, South Carolina

Maryka was introduced to RI from an Employee Assistance Program. For the first time, she said, "I felt a glimmer of hope that I just might be able to get well." When she moved to South Carolina in 2010, she started an in-person RI meeting that transitioned to Zoom in 2020. "When my symptoms tell me that the only way out is to end my life, Dr. Low and RI tell me that my symptoms are distressing but not dangerous! And somehow, I find a way to put one foot in front of the other and keep on going. Thank you, Dr. Low!"



## Marlene

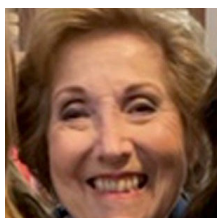
Over 20 years ago, Marlene was experiencing some anxiety and she said a stranger was talking about RI and gave her *Mental Health Through Will-Training*. She started going to meetings in the Burnsville, MN area and carried her book with her EVERYWHERE. She is very grateful to have Recovery International in her life. Favorite spots: "Nervous symptoms and sensations are distressing but not dangerous" and "Treat mental health as a business and not as a game."

## Vilma G.

Vilma went to her first RI Meeting on February 16, 1968, at St. Ignatius Church in Cleveland, OH, because of panic attacks. She took a hiatus from meetings to care for her four small children but went back 20+ years ago and faithfully attends the meeting held at Rocky River United Methodist Church in OH. She is very grateful for Recovery International. Favorite spot: "Nervous symptoms and sensations are distressing but not dangerous."

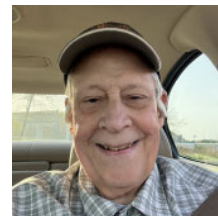
## Martha Z., Florida

Martha has been an RI member for 40+ years! She just turned 90 years young and she's fabulous, for which she gives much credit to RI helping her. Martha was referred to RI by her sister-in-law, who read about RI from Ann Landers's column. For one year, Martha would only read the book by herself and finally decided to go to a meeting in Oak Park, MI. Favorite spot: "Nervous symptoms and sensations are distressing but not dangerous."



## Joe Anglim, Pennsylvania

Joe has been a member since 2007. He was referred to RI by two friends he says he saw "getting healthy." His first meeting was held at Graduate Hospital and he loved it. He said he saw "GOLD."



## Lynette B.

Lynette has been a member since 1999 and states RI saved her life. She was hospitalized in 1999 for depression and anxiety and 8 months later, while attending a local church function, Sheila Rabel was at the event with a table for RI. After building the courage to attend an RI meeting, she loved it. She holds RI very near to her heart and is grateful.

## Hal Goldblatt, Nevada

Hal has been a member since 1987. An anger episode caused him to spend time in a hospital. Upon getting released, he needed to sign-up for a program and a friend suggested RI. The meeting he attended was led by Celinda Jungheim. Very early in, Celinda asked him to be a leader and he kept a leadership role for 25 years. Hal was hit by a car a couple of years ago while crossing the street. It was a very serious accident but he is doing much better. Favorite spot: "All anger stems from issues from right or wrong." He said once he learned to drop the right or wrong, he could manage his anger.



## Shawn Goldblatt, Nevada

Shawn joined her husband Hal's RI meeting because she wanted to know what he was doing, because it was working! She was also having symptoms of feeling overwhelmed. They have 10 kids, and they credit RI to helping save their marriage and raise their 10 children peacefully. Favorite Spot: "Do things in part acts."



## David Lisowski, Illinois

David was suffering from terrible panic attacks in his late teens and his father introduced him to RI. His father said, "Recovery International is for everyone." David met Phil Crane in the early 1990's at a convention held at the Congress Hotel in Chicago. He feels like RI was a godsend to him.



# In Memoriam



## **Carrol Janis Hinkle Howard, Prairie Grove, AR**

Carrol was a devoted Christian, journalist, lyricist, and activist for life and peace, and, above all else, a dedicated mother. An accomplished journalist, she served as society page editor for the Alton Telegraph in the late 1950s and as a columnist and special features editor for the North Little Rock Times in the late 1970s and early 1980s. Carrol was also a lyricist who collaborated with her lifelong best friend authoring more than two dozen songs. Determined to live beyond disabilities and barriers, Carrol was active as a self-help advocate for those facing mental and emotional disorders. She was a volunteer leader for many years with RI, as well as for Peace Links and Catholic Charities of Arkansas as an infant foster care provider. Her devotion as a loving mother to her five children has been her life's greatest work.

## **Thelma Jo Atwell, Rochester, NY**

Thelma Jo was raised in Cheyenne, WY and met her husband while attending the University of Wyoming. After graduation in 1957, they were married and moved to Rochester. She worked to support them both while he attended medical school and residency as well as his 4-year service in the U.S. Navy in Sanford, FL. In addition to raising a family, she enjoyed quilting, reading, telling stories about her ancestors, playing bridge, and singing in the church choir. Thelma Jo was an advocate for those suffering from mental illness and was an RI group leader for 50 years in the Rochester area. She was a beloved wife, mother, Nanni, great Nanni, aunt and friend. We will all truly miss her.



## **Jean Francis, Alpine, UT**

Jean was born in Chicago, IL and the youngest of eight. She was a woman of remarkable generosity, unwavering work ethic, and a deep love of learning. She instilled these values in her children and continued to practice them to the fullest throughout her life. Jean found joy in exploring life's great questions and sharing her insights with her family. She will be deeply missed by those who loved her and whose lives she enriched with her wisdom and kindness. Her daughter, Daryl Hughes, shared, "My mother was an avid supporter of Recovery and a longtime member. As her vision failed, I read Dr. Low's books aloud to her. We enjoyed this and grew from it."

## **Nancy Matson, Royal Oak, MI**

Nancy worked for Berkley Schools as a librarian at Pattengill Elementary for 18 years, sharing her love of books with many children. She was a natural born musician, starting piano lessons at age four and later singing with The Royal Oak Musicales. Nancy was also a lifelong member of Royal Oak First United Methodist Church and member of Recovery International for more than 21 years. She will be missed.



## **Robert Serros, M.D., Orlando, FL**

Bob was a devoted husband, loving father, and distinguished ophthalmologist. As a teenager, he heard the call of journalism, working tirelessly as a copy boy at the Orlando Sentinel, captivated by the fast pace and the thrill of storytelling. A Veteran and patriot, he served as a Flight Surgeon in the US Air Force, and upon returning to Orlando, he embarked on a distinguished medical career, becoming the first ophthalmologist in Osceola County to perform cataract surgery. Bob was an RI member for at least 30+ years and an Assistant Group Leader on a Zoom meeting after Covid closed the community meeting.

## **Rudolph Pruden, Holland, MI**

Rudy spent two years at Norfolk State University then joined the De Paur Infantry Chorus. Rudy completed his military service in the Air Force before finishing his BA degree in sociology at Notre Dame where he was also the baritone soloist in the Glee Club. He then joined the Saint Paul Seminary, and after completing his master's, became a Parole Officer in New York City where he and wife Fernande began a family. He moved to Washington D.C. to head the Extension Service unit for the U.S. Department of Agriculture, which worked with Historically Black Colleges and Universities, with the American Territories and on American Reservations. After more than a decade, Rudy moved to the Department of Commerce where he worked in the Office of Inspector General at National Oceanic and Atmospheric Administration. Rudy served as President of Recovery International's Board of Directors.



## **Mary Alice Thater, Jefferson City, MO**

Mary Alice graduated from Helias High School in 1962. She later owned and operated Mary Alice's Beauty Salon and continued her career as an accountant for the American Cancer Society until her retirement. She had a wide range of passions, including reading, cheering on her St. Louis Cardinals, playing cards with her card club and friends, traveling, and solving Sudoku puzzles. Mary Alice was an RI member for over 15 years and Assistant Group Leader for a community meeting at Grace Episcopal Church. Her greatest joy came from spending time with her family and friends, whom she loved deeply.



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## Wisdom of Dr. Low

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“Everything in our minds and bodies develop habits. And once you speak of habits, that includes all functions and all reactions. People have either good habits or bad habits, and what we call good is not what we call moral or ethical. Not at all. People may be ethical and have exaggerated habits of ethical action. That’s not good either. They are then dogmatic, aggressive – ethical, but aggressively ethical, fanatically ethical, and that’s an extreme. Not good. What we mean by good habits is what I have mentioned as balanced. And good habits are balanced habits.”

– *Manage Your Fears Manage Your Anger*, Lecture 37 “Balanced Habits”