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:RPHQ IV 6WXGLHV

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ACHIEVING SELF-AWARENESS

3. QRZLQJ RWKHUV LV ZLVGRP PHQTuo Tzu

Historically, it was thought that only humans, chimps and possibly dolphins were able to recognize themselves. However, after watching

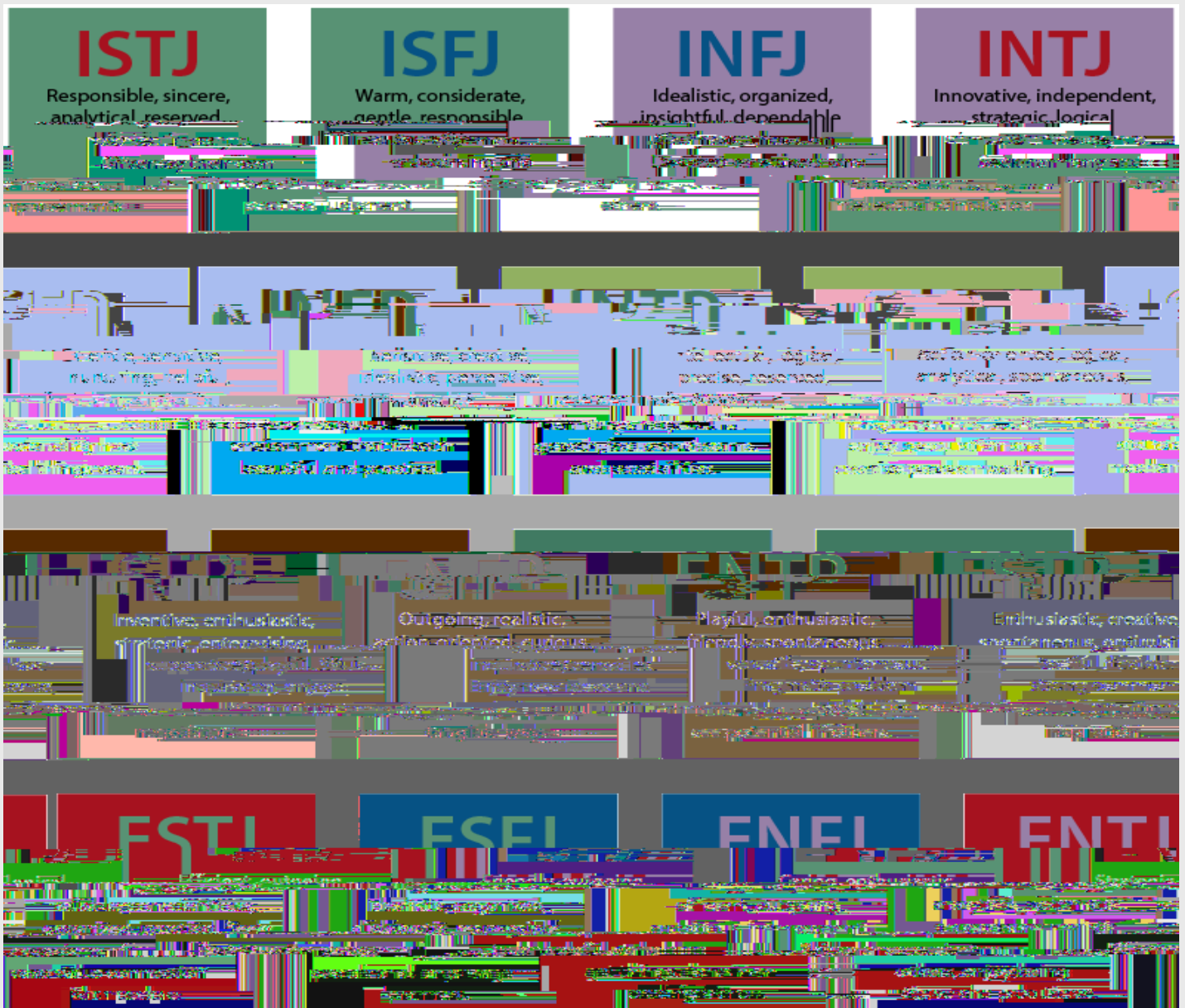
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Anonymous

To become more self aware, understanding your personality is a great way to start. Myers Briggs Type Indicator breaks down each personality type and explains the different traits that each brings to the table. For more information visit: <http://www.16personalities.com/free-personality-test>



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RESOU







5 H V W D X U D Q W 5 H Y L H Z

by Emily Horn Kelley

7KH RWKHU GD\ LW KLW PH \$OWKRXJK ,↑YH UHYLHZHG
ten one about my very favorite ~~place~~ **place**.

Ichiban has been in Sheffield for over five years, y
unfortunately, it is still one of the Shoals best ke
secrets. Those of you who are afraid of crossing
river need to strap on your adventure boots and
trust the bridges. They are VDIH 2QFH
EUDYHG WKH UDSLKML EORQY
NH\ H[WHULRU ,W GRHVQ↑W
VLGH EXW LQVLGH LW↑V EU
Sushi Bar hand built by the owners. The décor is
QRW HOHJDQW E\ DQ\ PHDQY
you sit in the first dining room, the one you enter
to. And whether your food comes from the Sush

or the hot kitchen, you can be assured that the flavor combinations will have your taste buds d
tongue!

0\ KXVEDQG DQG , GLQHG UDWKHU ODWH ODVW 6DWXU
there where Ichiban has been absolutely packed. I started with the miso soup (\$1.95) which was a
dashi (broth mixed with miso paste) with generous amounts of tofu and wakame floating in it. I
and consistent with the taste and presentation every time I order it here. Tim began with the hot and
sour soup (\$2.50), his favorite. It was piping hot and loaded with tofu, mushrooms, bamboo sh
lions as well as red pepper and fresh ginger. Tim orders it every time we go, and he is never di
He followed his soup with a typical ginger salad (\$1.95) comprised of crisp lettuce and ginger c
but not overpoweringly sharp.

On to the main courses.
pens. Although we always
we frequently choose our
no exception. Tim ordered
serving of chicken, scal-
peas, carrots, and zucchi-
with your choice of
have been a little spicier
you can always tell the
place your order. One

Now this is where the magic really hap
feel as if we should try something new
favorite items, and Saturday night was
the Thai Curry (\$14.95) which is a hug
lops, and shrimp mixed with fresh sno
ni, all in a spicy curry sauce, served
steamed or fried rice. He said it could
but that otherwise it was perfect. And
waiter how hot you want it when you
thing to note is that

and this is absolutely one of its very best. This roll titillates taste buds. Atchibaryou can count on the consistency of every dish, every time you come. It always looks the same, and it always tastes the same.

:HOO , SUHVXPH \RX\YH KHDUG ³:HOFRPH EDFN

