

My New Year's Dissolution

An unconventional approach to 2012

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306,000,000: That is the number of Google search results for the keywords: New Year's Resolution. This year, I am replacing the idea of resolution (the act of resolving or determining upon an action or course of action) with the practice of dissolution (the undoing or breaking of ties or bonds).

Dissolving my fear. Dissolving my tendency to judge myself and others. Dissolving the habit of defining myself by external circumstances.

5,270,000: That is the number of search results for "New Years Dissolutions". Maybe we can start a new cultural trend. What are YOU ready to dissolve?

