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A quote from Pope Francis:

"There are always problems and arguments in married life. It is normal for husband and wife to argue and to raise their voices, they squabble, and even plates go flying! So do not be afraid of this when it happens. May I give you a piece of advice: never end the day without making peace. And do you know why? Because the 'cold war' the next day is very dangerous. 'And how can I do this, Father, how can I make peace?', some of you may ask. You don't need speeches, just a gesture is enough, and it is all over, and peace is established. When there is love, a gesture puts everything right."

-- Address in Krakow, Poland, July 29, 2016

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