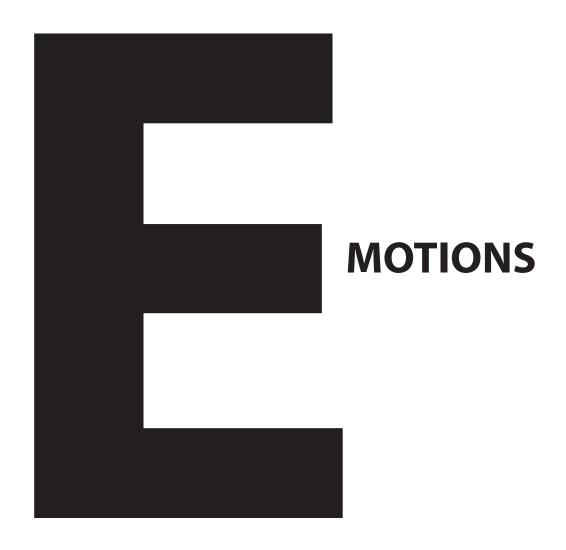


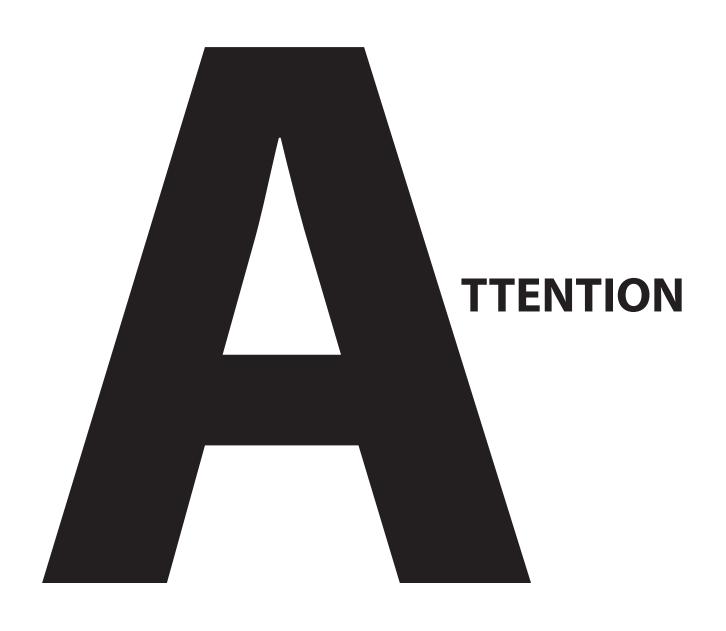
LISTEN! YOUR BODY IS TRYING TO TELL YOU SOMETHING.



THOUGHTS ARE JUST THOUGHTS.



SURF THE WAVES OF YOUR EMOTIONS.



ATTENTION TO BODY, THOUGHTS, AND FEELINGS IS GOOD STRESS REDUCTION.

ENDERNESS

ake it as it is.

LEARN TO BE KIND TO YOURSELF.



FINDING WAYS TO PRACTICE MINDFULNESS IN YOUR LIFE REDUCES STRESS AND INCREASES INNER STRENGTH.



GAIN THE INNER EDGE!