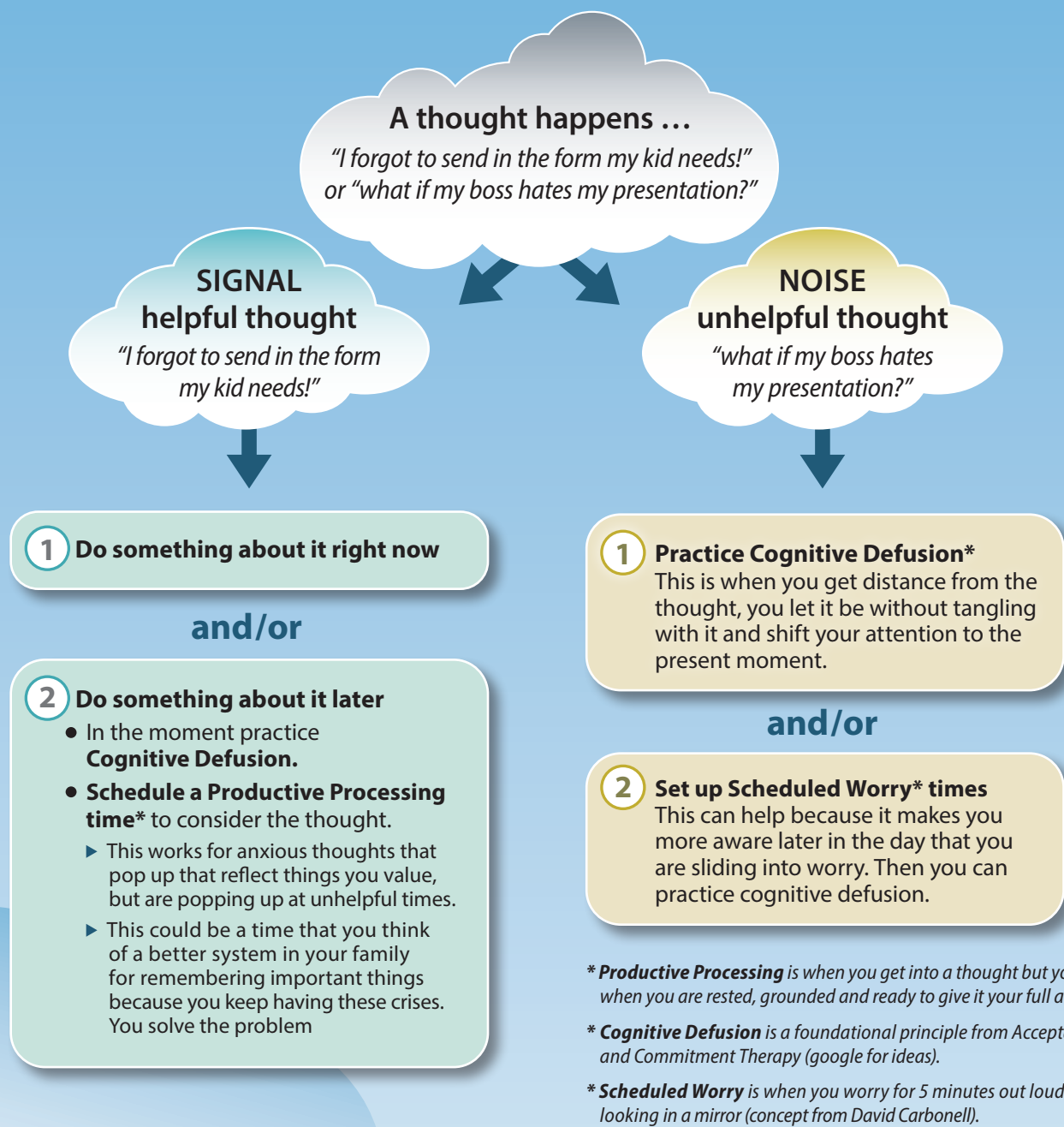


What to do with Anxious Thoughts

Is the thought a Signal or Noise? *Concept from Reid Wilson*



Remember, every moment you are aware enough to notice you are caught up in anxious swirling and shift your attention to the present will be a better moment.

Hours are made up of moments and days are made up of hours.

EVERY MOMENT COUNTS!

