







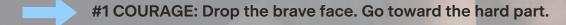


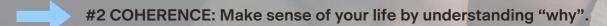






Key Takeaways:





#3 COGNITION: Change the story you tell yourself. You are not your situation.

#4 CONNECTION: Seek first to understand, not solve the problem.

#5 CHEMISTRY: Treat your body well because it always keeps the score.

#6 CALM: Learn what to care about to find some inner peace.

#7 CONTROL: Manufacture stability through a routine.

#8 CRAPPY TV: Have something that you do...simply because it brings you joy.

#9 CELESTIAL: Try tapping into something bigger than yourself.

#10 CALLING: Service is purpose. Help others to help yourself.

Pretending is Painful

The path to emotional freedom and internal strength