

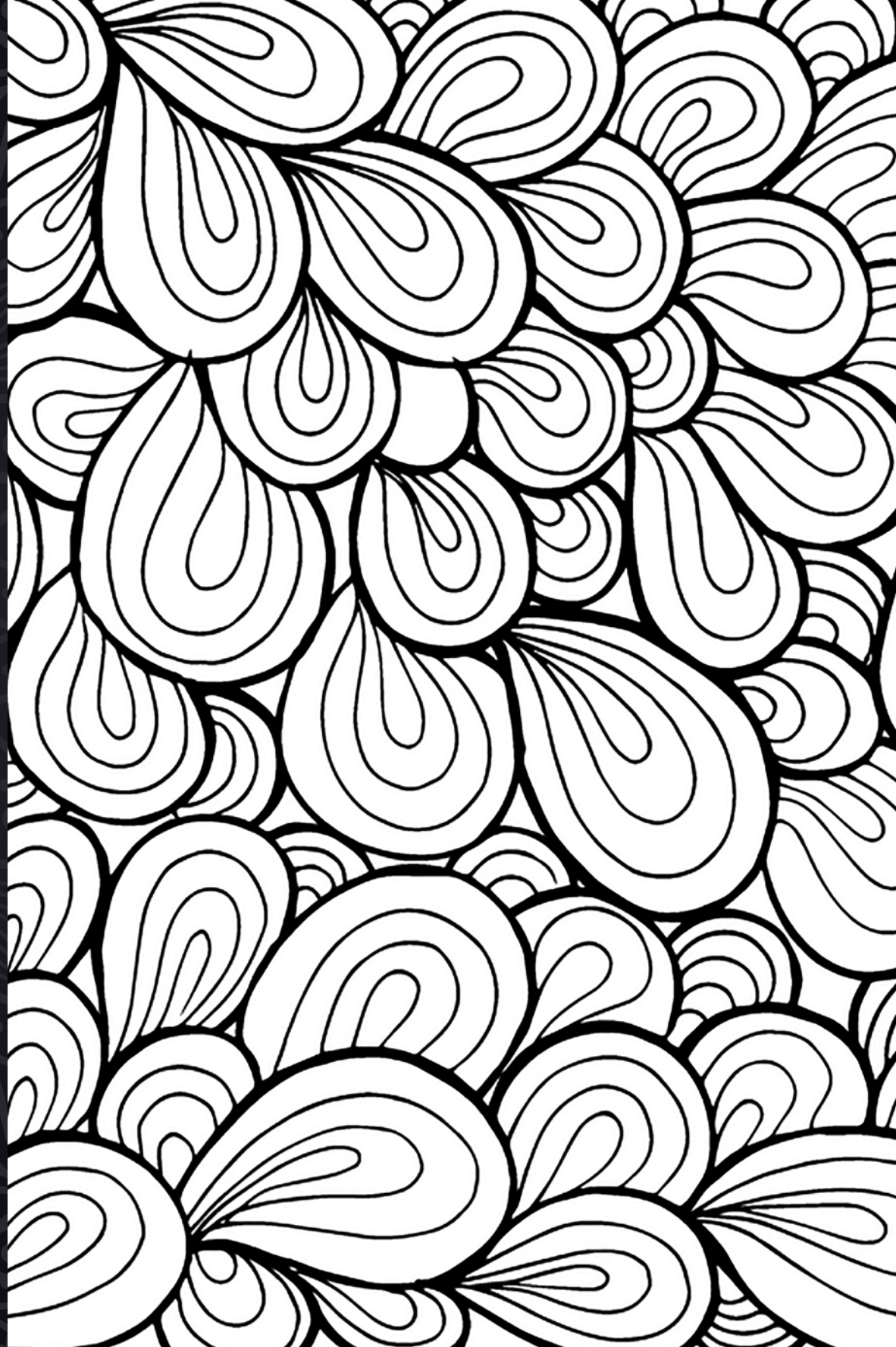


Embrace the therapeutic  
benefits of coloring and let  
your worries fade away!

Anette Reutmer Åhlén

"In the midst of movement  
and chaos, keep stillness  
inside of you."

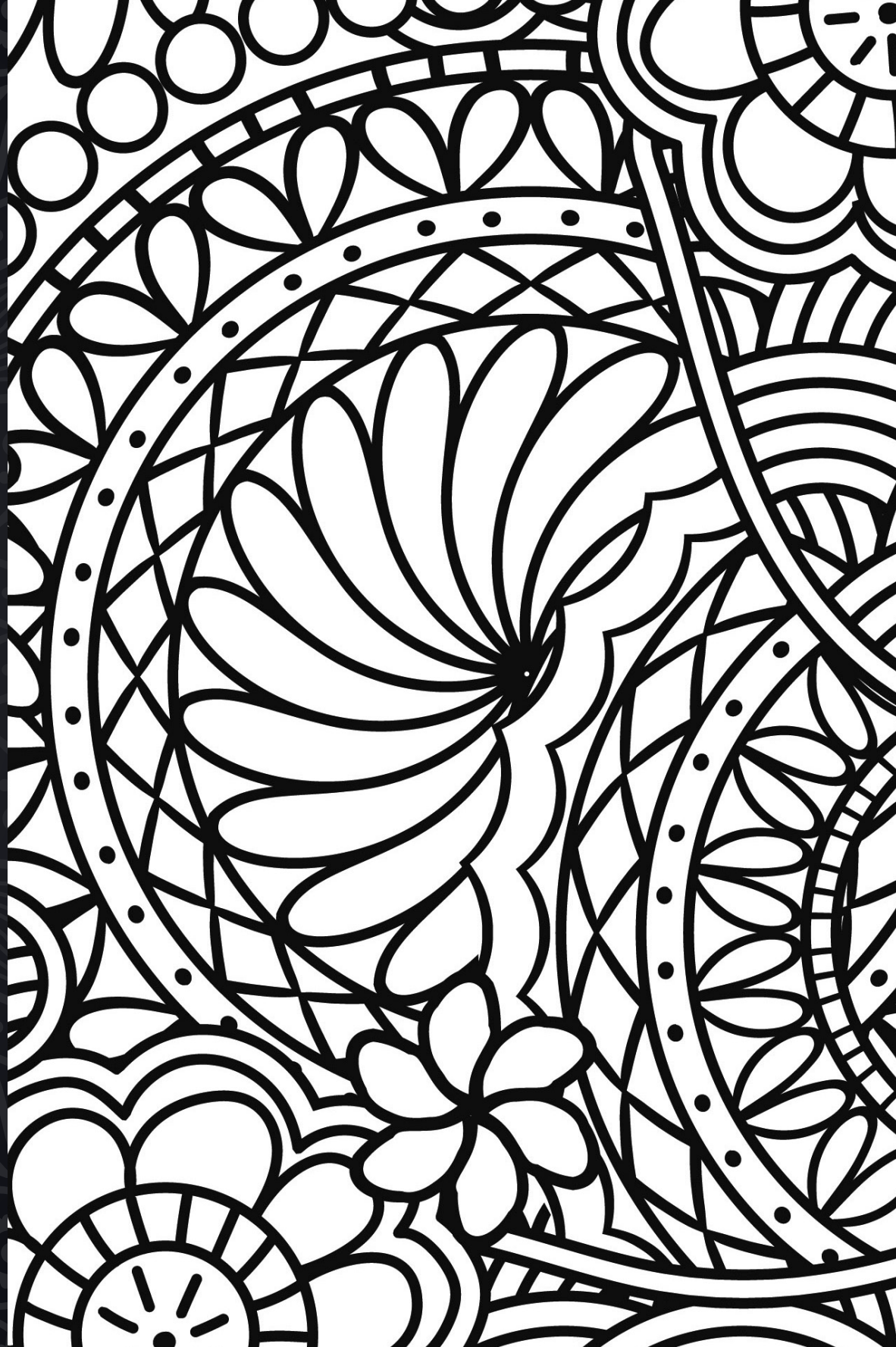
Deepak Chopra





"Almost everything will work  
again if you unplug it for a few  
minutes, including you."

Anne Lamott









"Stress is caused by being  
'here' but wanting to be 'there'."

Eckhart Tolle

