

YOUR TEXTS  
ARE BEING  
IGNORED.



Your clever emojis are left unread.



Your brain  
SCREAMS:  
Everyone  
hates me!



Reality check: your  
BFF's all live in a  
different time zone.



Your aunt Ellen loves to be in bed by 9  
on non prime time football nights.  
And it's 3:43am their time.

Even Dion Sanders is unconscious right  
now.

Don't stress.

Your BFF's still love you.  
You're still aunt Ellen's second favorite  
niece.

They might be snoring through your  
witty repartee, but it's only because  
they're all asleep.



"Science says: Cognitive reframing reduces emotional reactivity and builds resilience.



"Science also says we're all just a bunch of apes with cool hair and better taste in sweaters, but that's not really an uplifting message, and my therapist says if I focus on positive content i have the talent to be a semi famous author in mid life.



“ Asking ourselves – “is it true?”  
and “how do I know it's true?”  
allows us to tell ourselves a  
different story about our  
circumstances, & can lead to a  
much more generous (and  
accurate) representation of  
what's really happening.

For the complete evidence based “microdosing mindfulness” series, you can get the full book very occassionally where books are sold near you. You may have to drive around a bit, but if you’re persistent, you’ll probably find it.





**TEACH WHAT YOU KNOW.**

**DO WHAT YOU LOVE.**

**WAKE UP THE WORLD WITH YOUR WORK**