

Mindfulness

Being aware

a powerful remedy and the path to happiness
paying attention, so we can choose our behaviour

The 'Almost Moment'... Amy Saltzman

what happens next....

drug taking... suicide... anger... bullying... unhelpful behaviour

avoid impulsiveness, not thinking, being mindless, automatic, habits
instead be mindful ...

Moving from resentment to gratitude

you can be angry for what you do not have
or grateful for what we you do



The choice is yours! Make a positive choice! And enjoy your life!