

# FOUR STEPS TO CALM YOUR STRESS

A PRACTICE PASSED ON THROUGH WISDOM TRADITIONS

Stop.

Take three slow breaths.

Observe your body and  
your thoughts.

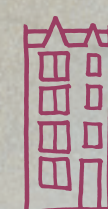
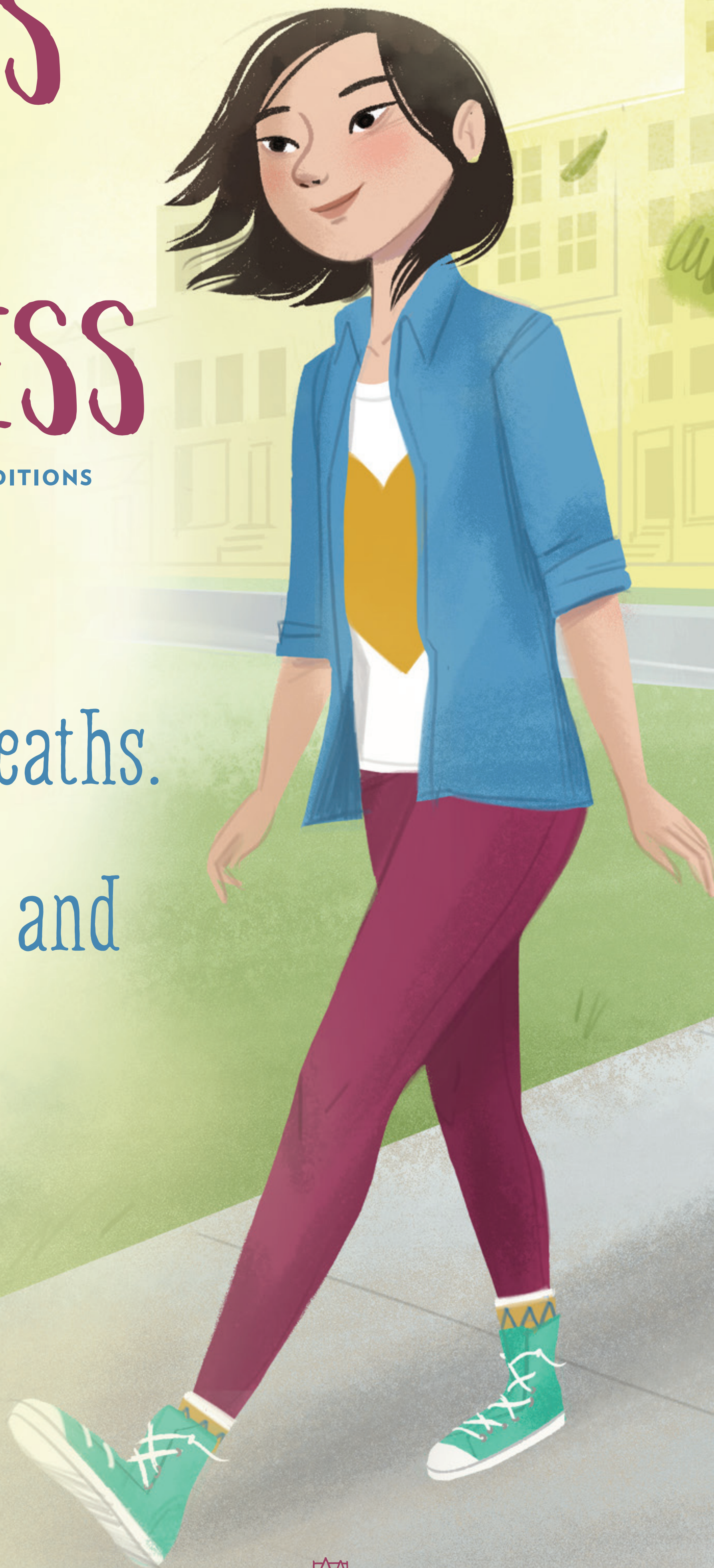
Proceed.



A MEDITATION FROM

## JUST BREATHE

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