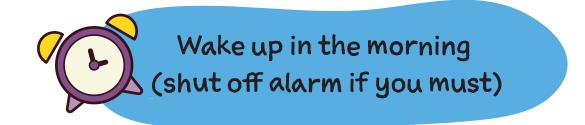
GRATITUDE BREATH



Close your eyes in your bed.



THANK

Take a breath in. As you breathe out, whisper, "thank you."

> Repeat IO times. Notice how you feel.

Flow & G



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