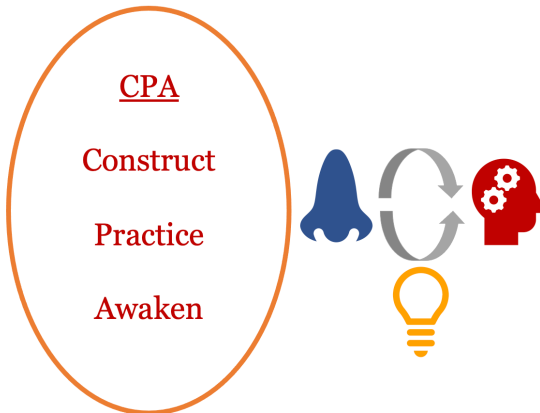




# Session 1: Settling In Tackling Challenges

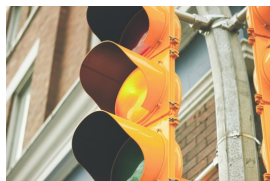
Practice Daily. Rewire. Mental Workout.

## The CPA 8 Minute Mindfulness Practice™



Settle In-to your natural breath. As it is.

## Tackling Challenges



**Anxiety = Resisting x “As it Is”**