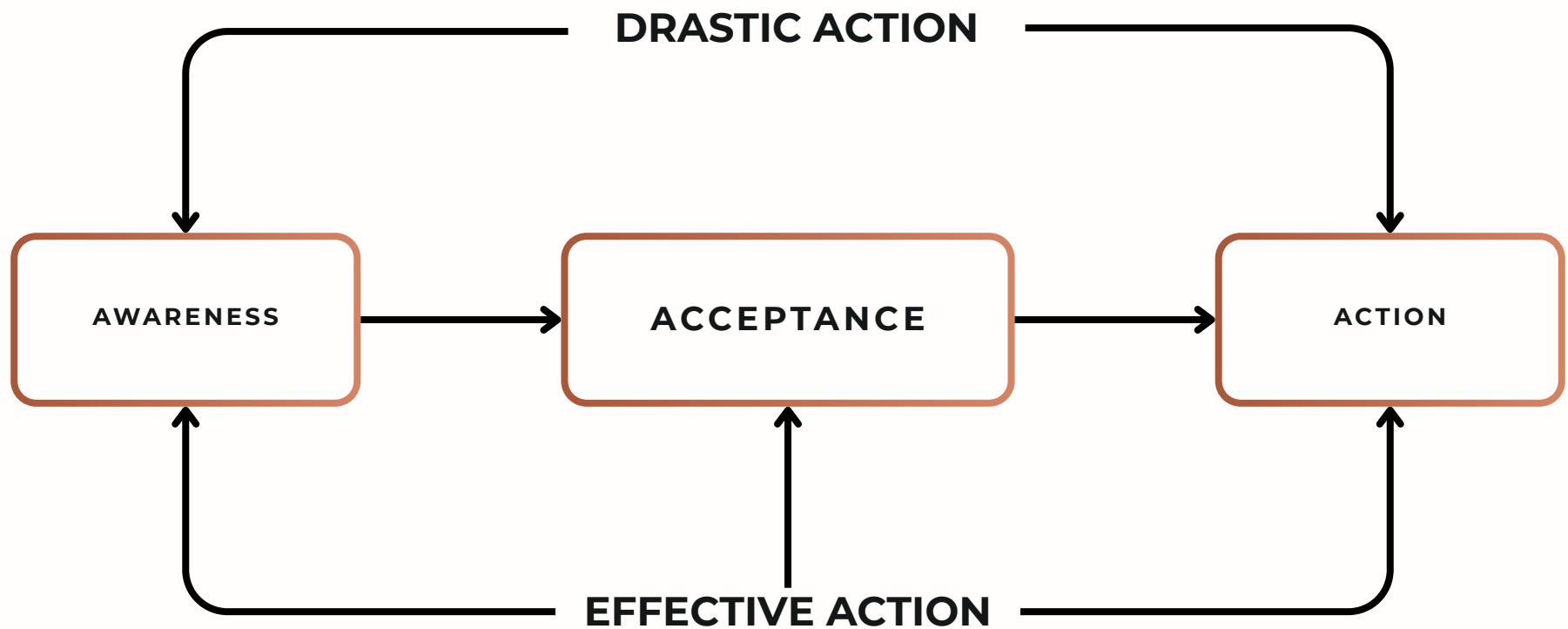


BECOME THE NEWS ANCHOR

A Mindful Approach to Change



Acceptance = acknowledgement of what is without judgment

Video Instructions Link: www.pamelapollock.com/watch-become-the-news-anchor