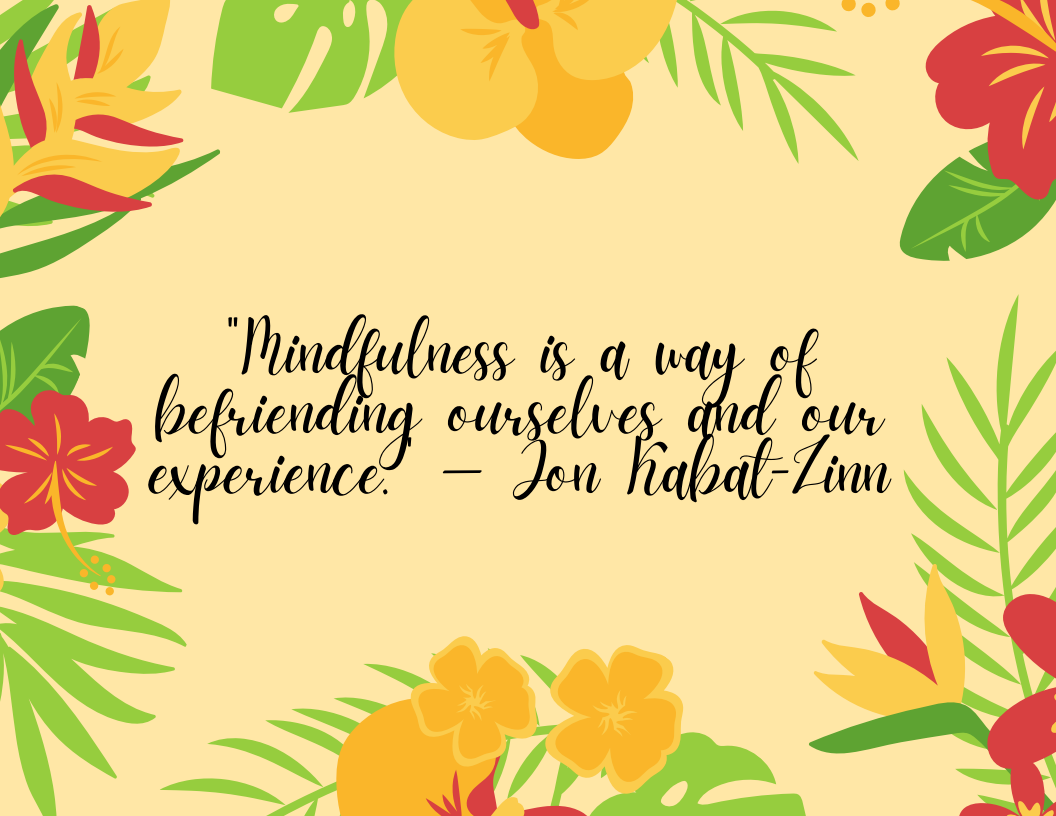
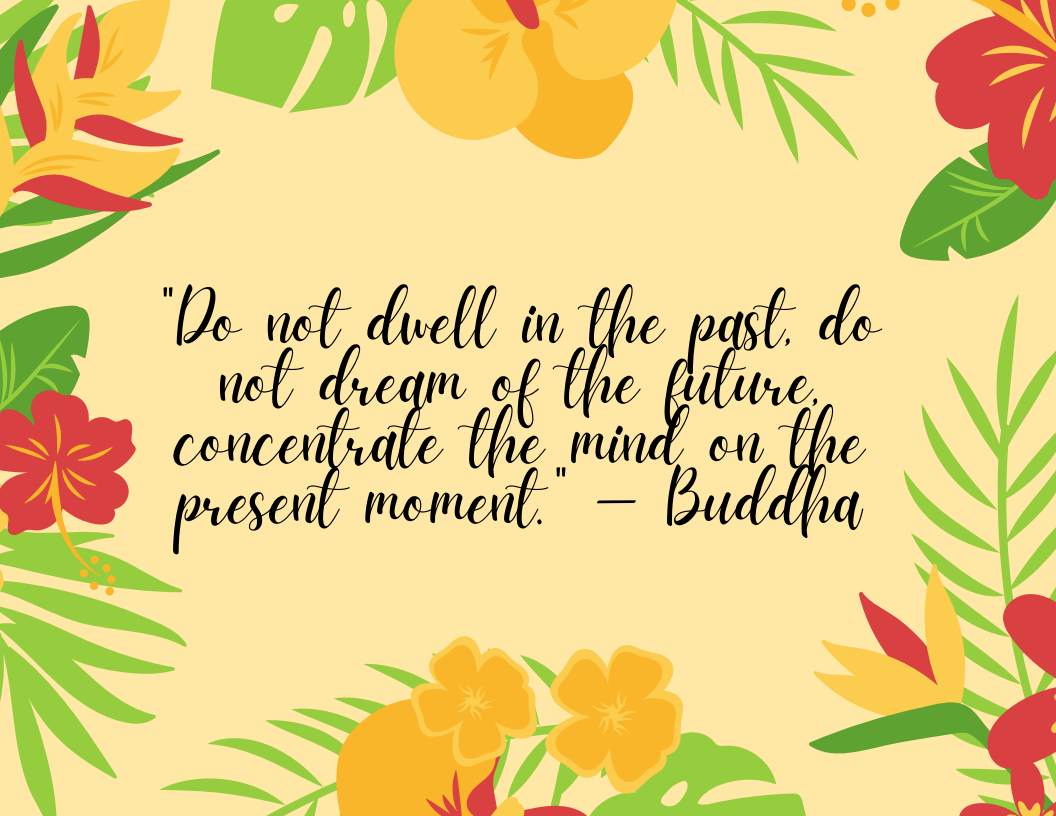
A vibrant tropical floral border surrounds the central text. It features large yellow hibiscus flowers with red centers, red hibiscus flowers, and green tropical leaves like monstera and palm fronds. Small yellow and red dots are scattered throughout the design.

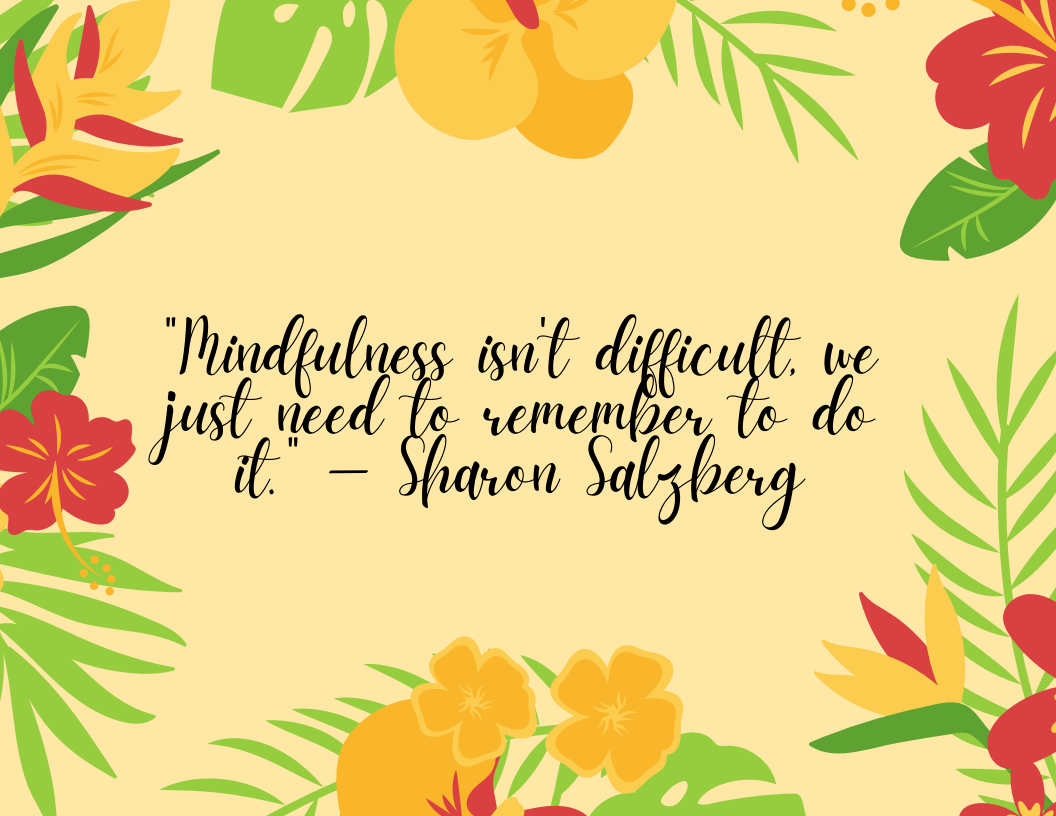
"The present moment is the
only time that any of us have
to be alive - to know anything
- to perceive - to learn - to
act - to change - to heal."
— Jon Kabat-Zinn

A vibrant tropical floral border surrounds the central text. The border features large yellow hibiscus flowers, red hibiscus flowers, and yellow bird-of-paradise flowers, all set against a background of various green leaves including monstera and palm fronds. The background is a solid light yellow color.

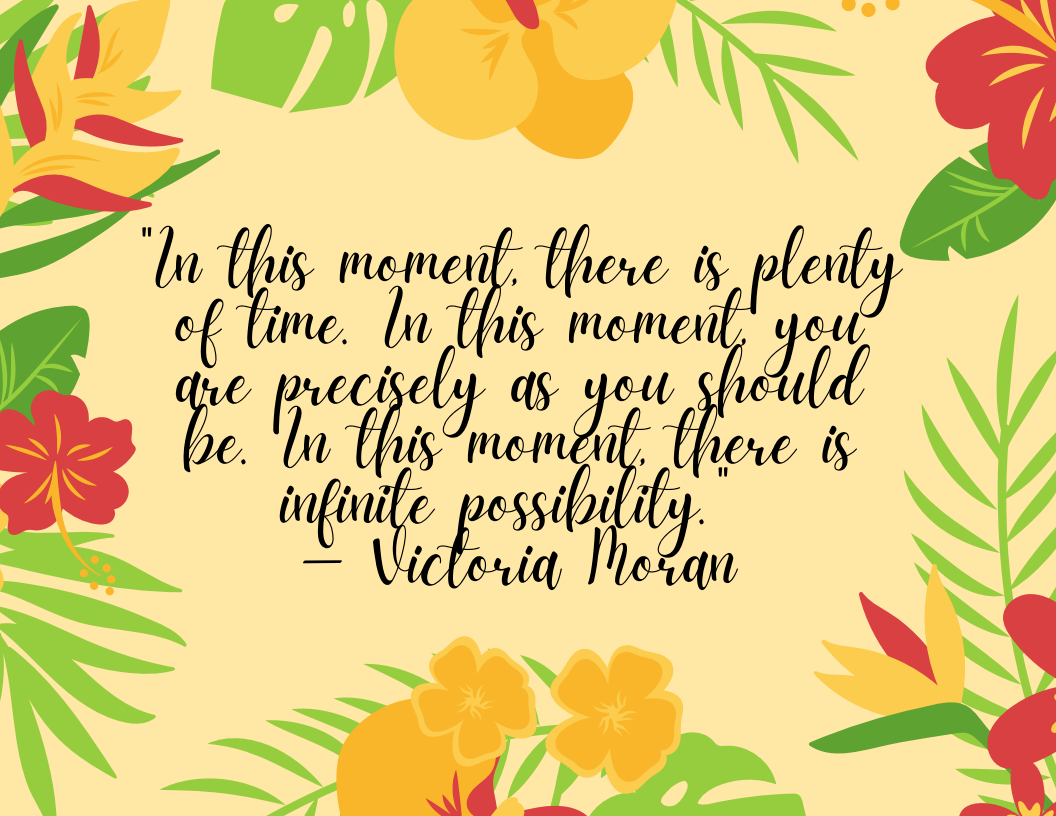
*"Mindfulness is a way of
befriending ourselves and our
experience. — Jon Kabat-Zinn*

A vibrant tropical floral border surrounds the central text. It features large yellow hibiscus flowers, red hibiscus flowers, and yellow bird-of-paradise flowers, all with green leaves and stems. The background is a light yellow color.

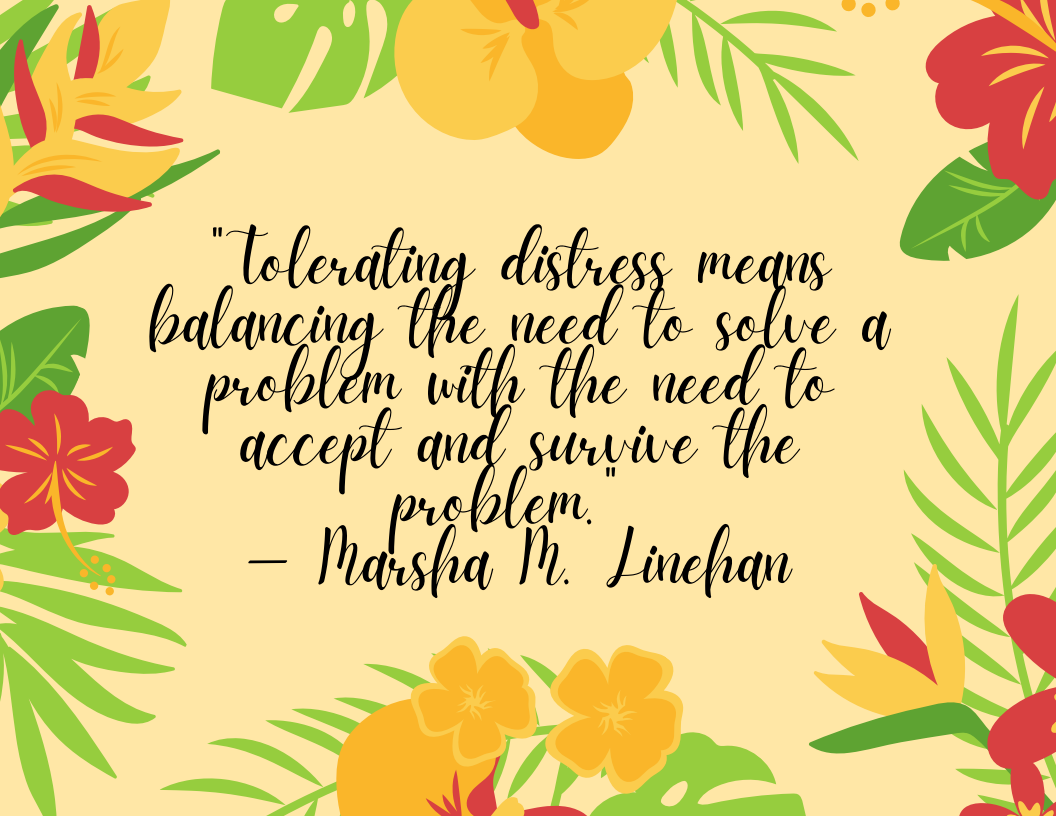
"Do not dwell in the past, do
not dream of the future,
concentrate the mind on the
present moment." — Buddha

A vibrant tropical floral border surrounds the central text. The border features large yellow hibiscus flowers, red hibiscus flowers, and green tropical leaves like monstera and palm fronds. The background is a solid light yellow color.

"Mindfulness isn't difficult, we just need to remember to do it." — Sharon Salzberg

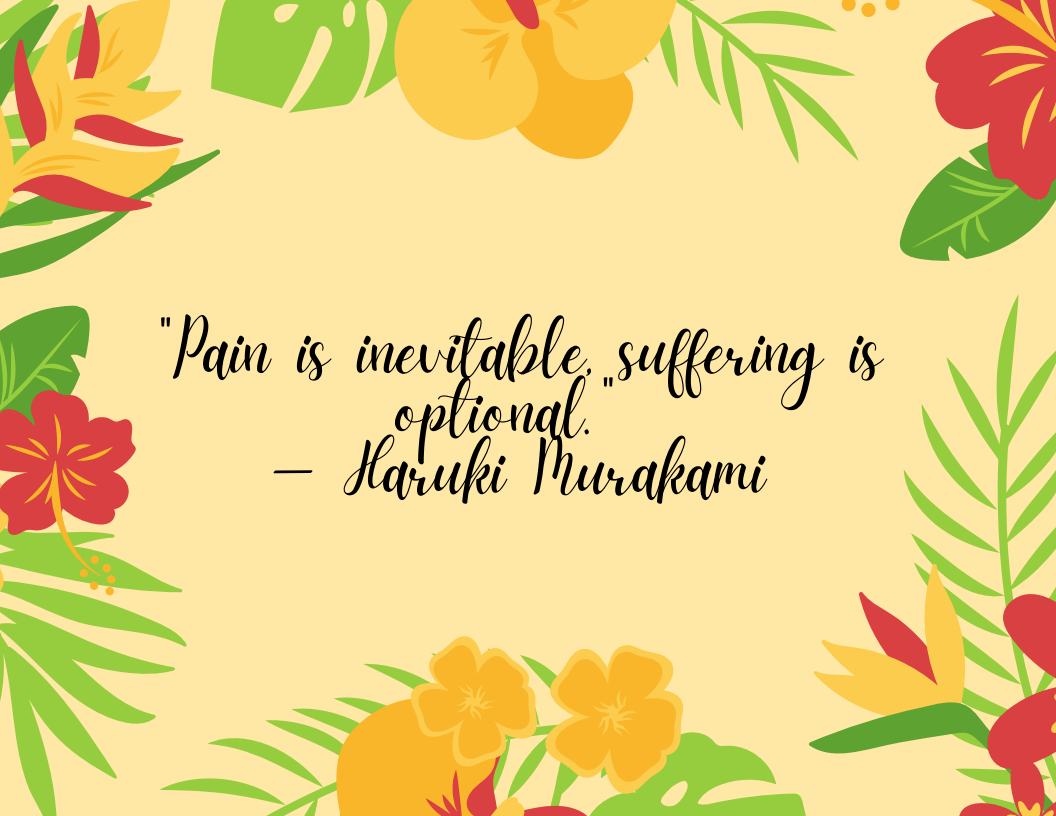
A vibrant tropical floral border surrounds the central text. It features large green leaves, bright yellow hibiscus flowers, and red hibiscus flowers. The background is a light cream color.

*"In this moment, there is plenty
of time. In this moment, you
are precisely as you should
be. In this moment, there is
infinite possibility."
— Victoria Moran*

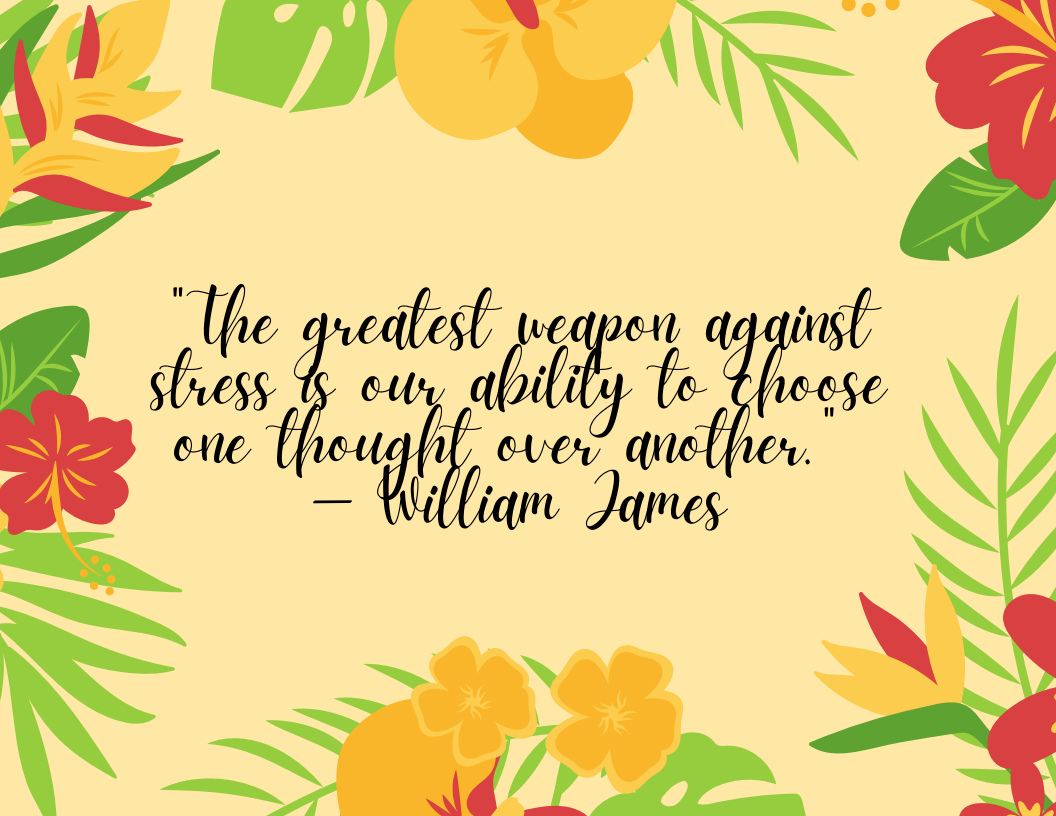
A vibrant tropical floral border surrounds the central text. It features large yellow hibiscus flowers, red hibiscus flowers, and green tropical leaves like monstera and palm fronds. The background is a light yellow color.

"Tolerating distress means
balancing the need to solve a
problem with the need to
accept and survive the
problem."

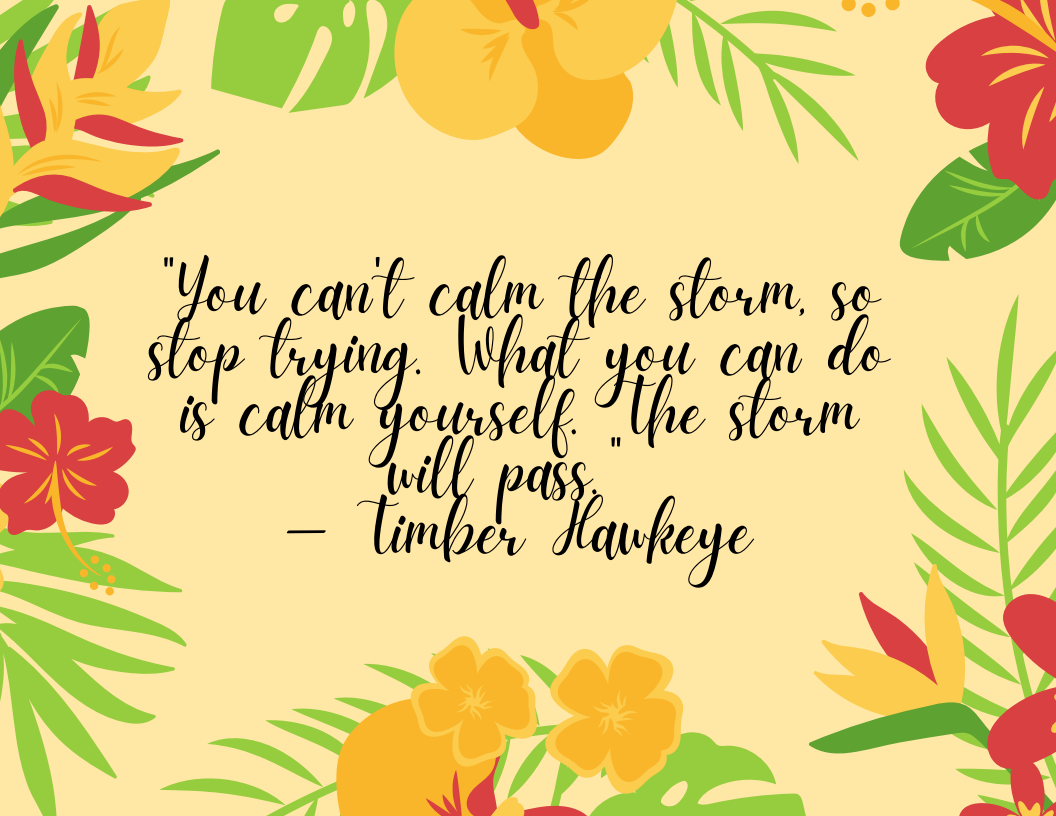
— Marsha M. Linehan

A decorative border of tropical flowers and leaves surrounds the central text. The border includes yellow hibiscus-like flowers, red hibiscus flowers, and green foliage such as monstera leaves and palm fronds. The background is a light yellow color.

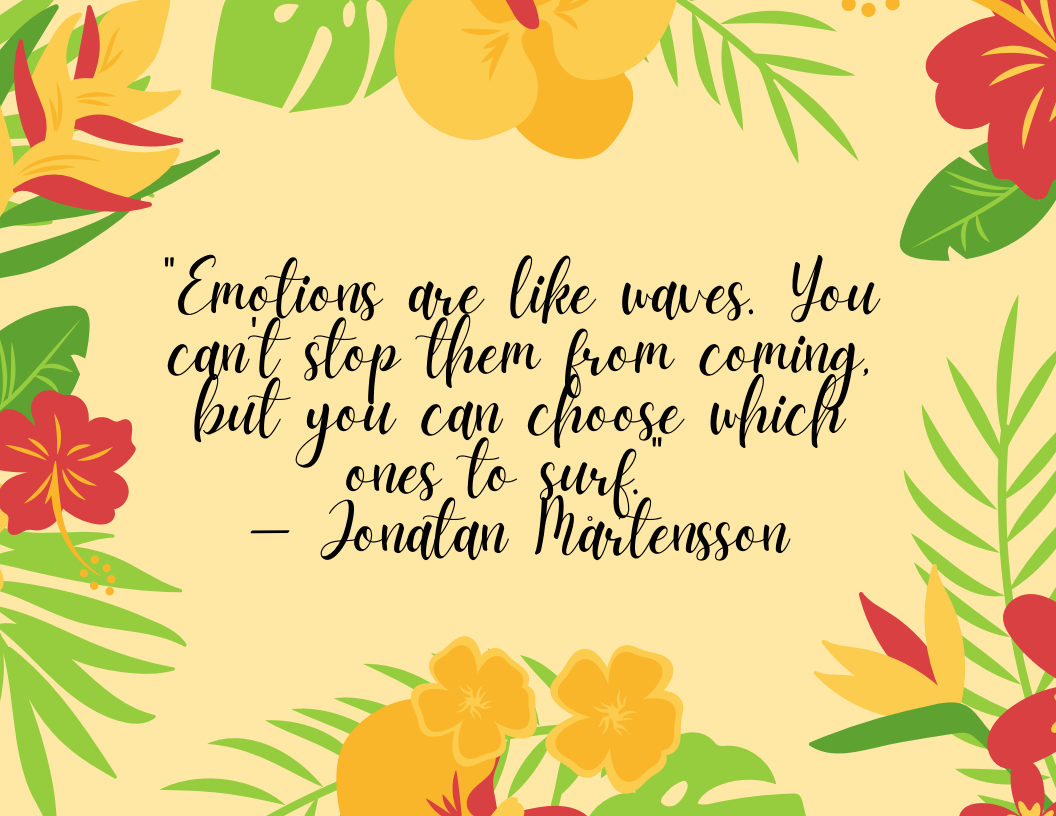
*"Pain is inevitable, suffering is optional."
— Haruki Murakami*

A vibrant tropical floral border surrounds the central text. It features large yellow hibiscus flowers, red hibiscus flowers, and yellow bird-of-paradise flowers, all set against a background of green tropical leaves like monstera and palm fronds. The background is a light cream color.

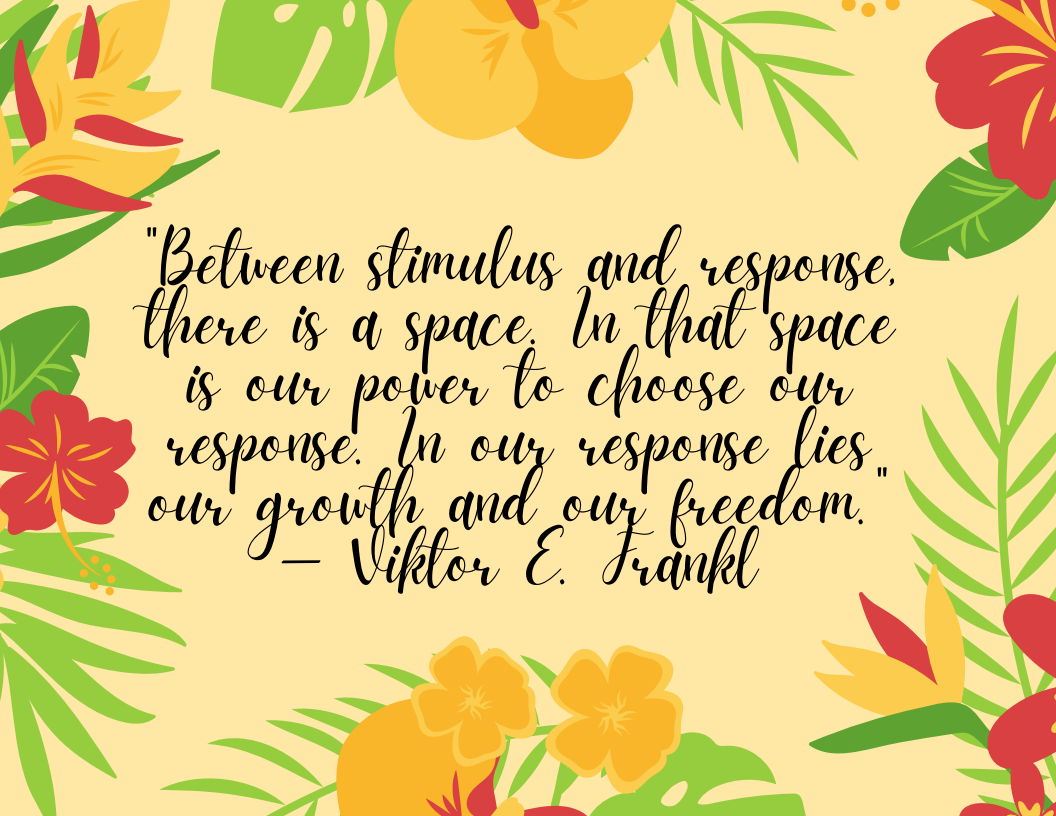
*"The greatest weapon against stress is our ability to choose one thought over another."
— William James*

A vibrant tropical floral border surrounds the central text. It features large yellow hibiscus flowers, red hibiscus flowers, and yellow bird-of-paradise flowers, all set against a background of green tropical leaves like monstera and palm fronds. The background is a light yellow color.


"You can't calm the storm, so
stop trying. What you can do
is calm yourself. "The storm
will pass."
— Timber Hawkeye

A vibrant tropical floral border surrounds the central text. It features large yellow hibiscus flowers, red hibiscus flowers, and yellow bird-of-paradise flowers, all set against a background of various green tropical leaves like monstera and palm fronds. The overall color palette is bright and cheerful, with a light yellow background.

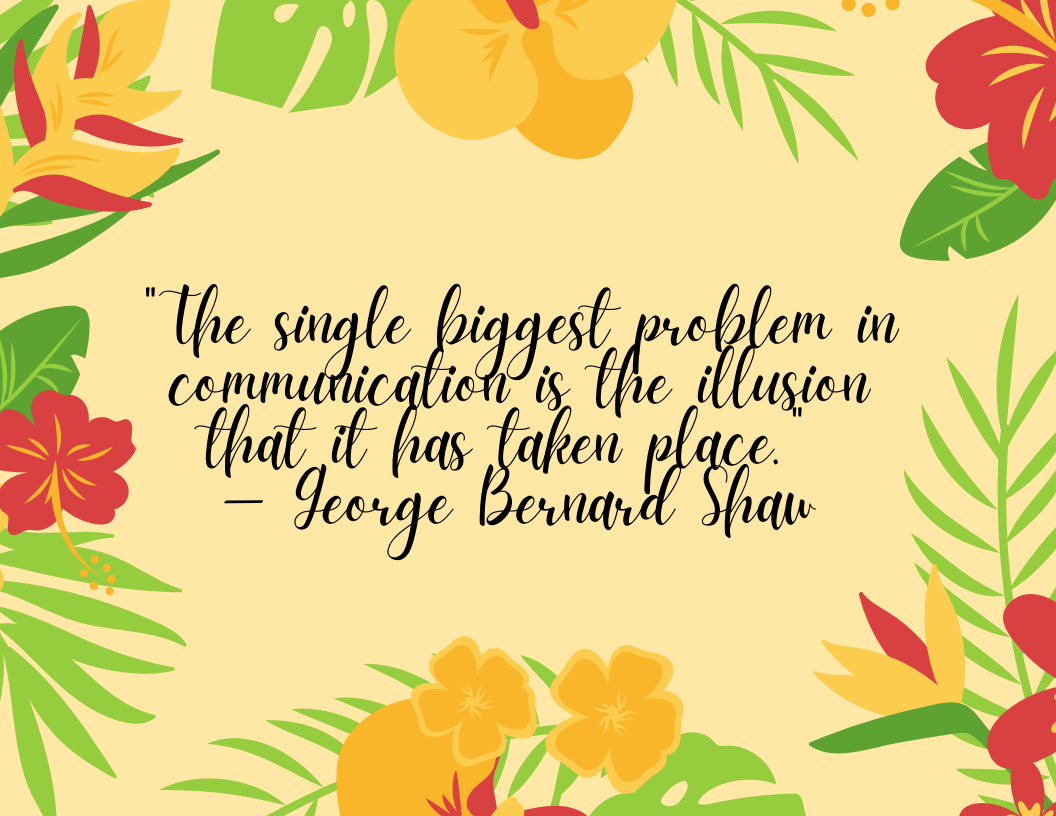
"Emotions are like waves. You
can't stop them from coming,
but you can choose which
ones to surf."
— Jonatan Martensson

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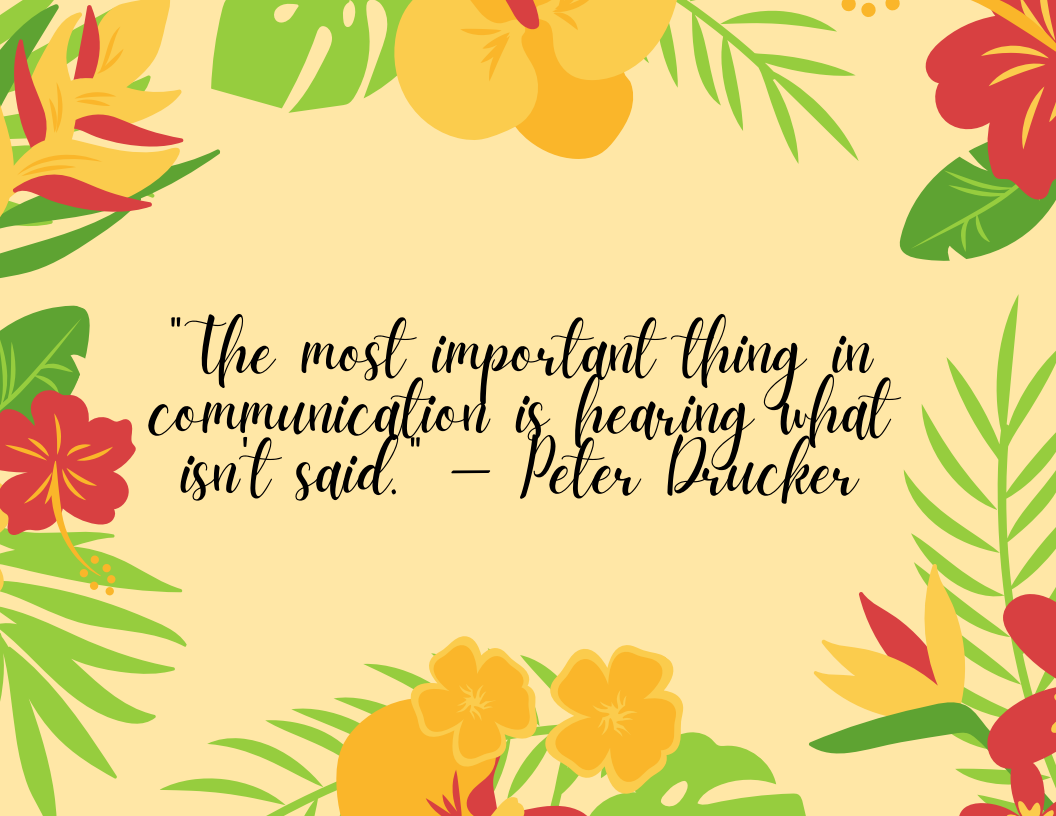
"Between stimulus and response,
there is a space. In that space
is our power to choose our
response. In our response lies
our growth and our freedom."
— Viktor E. Frankl

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*"The way we communicate with
others and with ourselves
ultimately determines the
quality of our lives."
— Tony Robbins*

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*"The single biggest problem in communication is the illusion that it has taken place."
— George Bernard Shaw*

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"The most important thing in communication is hearing what isn't said." — Peter Drucker

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*"Effective communication is
20% what you know and 80%
how you feel about what you
know."
— Jim Rohn*