

Human "Being"

vs

Human "Doing"



Consciously integrate
"no phone zones"



Schedule each and
every day with intention



Schedule in mindful
eating throughout day



Integrate daily "slow"
moments (e.g. breathing)



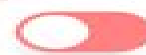
Identifying values and
taking action of values



Constant screen
distraction (e.g. scrolling)



Running from one thing
to another all day long



Eating on the run or
not at all



Avoidance of stillness
and rest



Feeling disconnected
from self and others



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About You Human Doing

Shaun Kelsey



About You Human Doing:

Enjoying the Track of Appearance: An Mental Symphony within **About You Human Doing**

In a world used by screens and the ceaseless chatter of quick interaction, the melodic elegance and psychological symphony created by the published term often fade in to the background, eclipsed by the persistent noise and distractions that permeate our lives. But, located within the pages of **About You Human Doing** an enchanting literary prize overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we can discover the book is main harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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web musical within the guidelines of the script the message gets built into the fabric of the performance so it s not all up to you in a way part of your job is to let the cast enjoy while holding them within some reasonable boundaries the music itself and the antics provide a vehicle for the message of joy the

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