



GO AHEAD Pick up this rattle. Cup it in the palm of your hand. Focus on the weight. Now give it a shake. Did you feel that? Of course you did. Your shoulders just relaxed. That's stress leaving your body. Naturally. Okay... now for the biggie. Think of one thing for which you are grateful. Come on. You can think of at least one. Pay attention. There! Now you feel it. That's amazing, huh? Your heart and your head just pushed your worries aside. Use this rattle as a tool. Make some funky music. Shake to the rhythm of your favorite music, or to the beat of your own drum. Use to rattle your worries away... or (if you insist) just to keep your papers from blowing astray.

