

**FEEL** Inspiration. I first became acquainted with Jon Kabat-Zinn when I purchased his book, *Wherever You Go, There You Are* (1994). The title reminded me that I cannot hide from my feelings.

**INSTEAD OF SAYING  
“LET IT GO” WE  
SHOULD PROBABLY  
SAY “LET IT BE.”**

—JON KABAT-ZINN