



DON'T FORGET TO
BREATH

ZAID SOFI

ZAID TH[?]ANKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

Reading instructions

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

Have fun!

Don't Forget To Breathe.

In

In difficult times, some people collapse while others
shine

The

The problems in your life are not permanent

Middle

Middle of nowhere — everything shifts

Of

Of course you are tired, you've been working hard

Chaos

Chaos can be disturbing, but learn to accept it and
improve it

Don't

Don't forget to pause and start again

Forget

Forget all the misery for a second and focus

To

To your loved ones — that's who you're doing this for

Breathe.

Breathe slowly. have faith in yourself!

Take

Take advantage of quietness and organize your mind

A

A wise man knows when to relax

Moment

Moments of struggle are temporary

And

And the lessons learned are permanent

Start

Start caring less about little frustrations

Over.

Over the next year, face challenges with courage

You've

You've won so many battles already

Got

Got patience? It will pay off

This.

This is a reminder: take it easy on yourself and speak kindly. Good luck!

The End.

Stay in touch with me

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

Till soon?

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Publisher: Zaidthinks®

First Edition: January 2026

“Sometimes the most productive thing you can do is
relax and breathe.”

Mark Black