

MASTER
STORYTELLER



Let me tell you
the story of you...

You can't do it

You're not
good enough



Hmm,
Some of these
Stories are true
and some aren't
The question is,
are they helpful?

REMEMBER YOUR MIND IS A MASTER STORYTELLER
IT JUST WANTS YOUR ATTENTION, IT DOESN'T CARE
IF WHAT IT IS TELLING YOU IS HELPFUL



TheHappinessTrap

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Illustrations by Louise Gardner