

Everything All at Once

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Chapter 1

Create your open textbook

This is pretty amazing stuff. I'm so glad I took this class.

Chapter 2

Preface

When it rains, it pours. Everything happens, all at once. How do you handle all that comes your way? How do you deal with the stress? This book will show you how.

Chapter 3

Breathe

As my yoga teacher says,

With every inhale, the body is nourished,
With every exhale, the body is cleansed.

- Inhale.
- Exhale.
- Repeat.

Chapter 4

Eat

Eat food. Not too much. Mostly plants.
In Defense of Food, by Michael Pollan

Chapter 5

Sleep

- Get some rest.
- Lie down, close your eyes.
- Tomorrow is another day.