

# Everything All at Once

Lisa Shiota

# Contents

|          |                                  |          |
|----------|----------------------------------|----------|
| <b>1</b> | <b>Create your open textbook</b> | <b>3</b> |
| <b>2</b> | <b>Preface</b>                   | <b>4</b> |
| <b>3</b> | <b>Breathe</b>                   | <b>5</b> |
| <b>4</b> | <b>Eat</b>                       | <b>6</b> |
| <b>5</b> | <b>Sleep</b>                     | <b>7</b> |

## Chapter 1

# Create your open textbook

Hello!!

## 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*,] (<https://michaelpollan.com/books/in-defense-of-food/>) by Michael Pollan

## Chapter 5

# Sleep

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