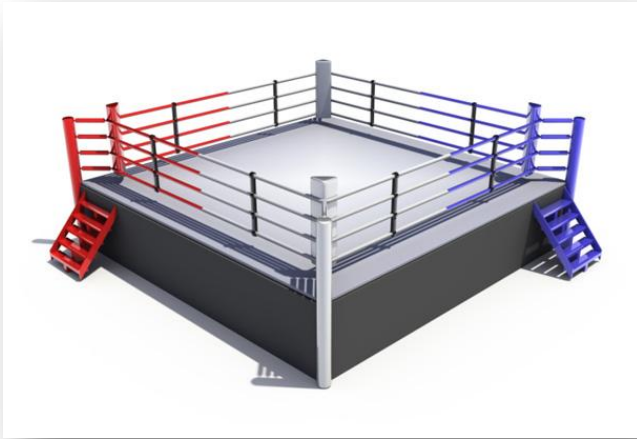




Separate Corners



Just as boxers go to their separate corners to get a rest, a break, or refreshed, so must we. After a long day or a big event, go to your separate corners (your own room or separate spaces) and get a rest from the stimuli that surround you. We all need a break. Even 20 minutes will do you some good and help you face your next task or event, all calm and refreshed.