







"Nothing beats kindness," said the horse. "It sits quietly beyond all things."



"What's the best thing you've learned about storms?"  
"That they end," said the horse.



" Being kind to yourself  
is one of the greatest kindnesses."  
said the mole.

"One of our  
greatest freedoms  
is how we  
react to  
Things"





"Being kind to yourself is one  
of the greatest kindnesses," said  
the mole.