



**If you have so many problems,
which are causing you headaches..**





**And you feel like your life is
hanging on by a thread....**

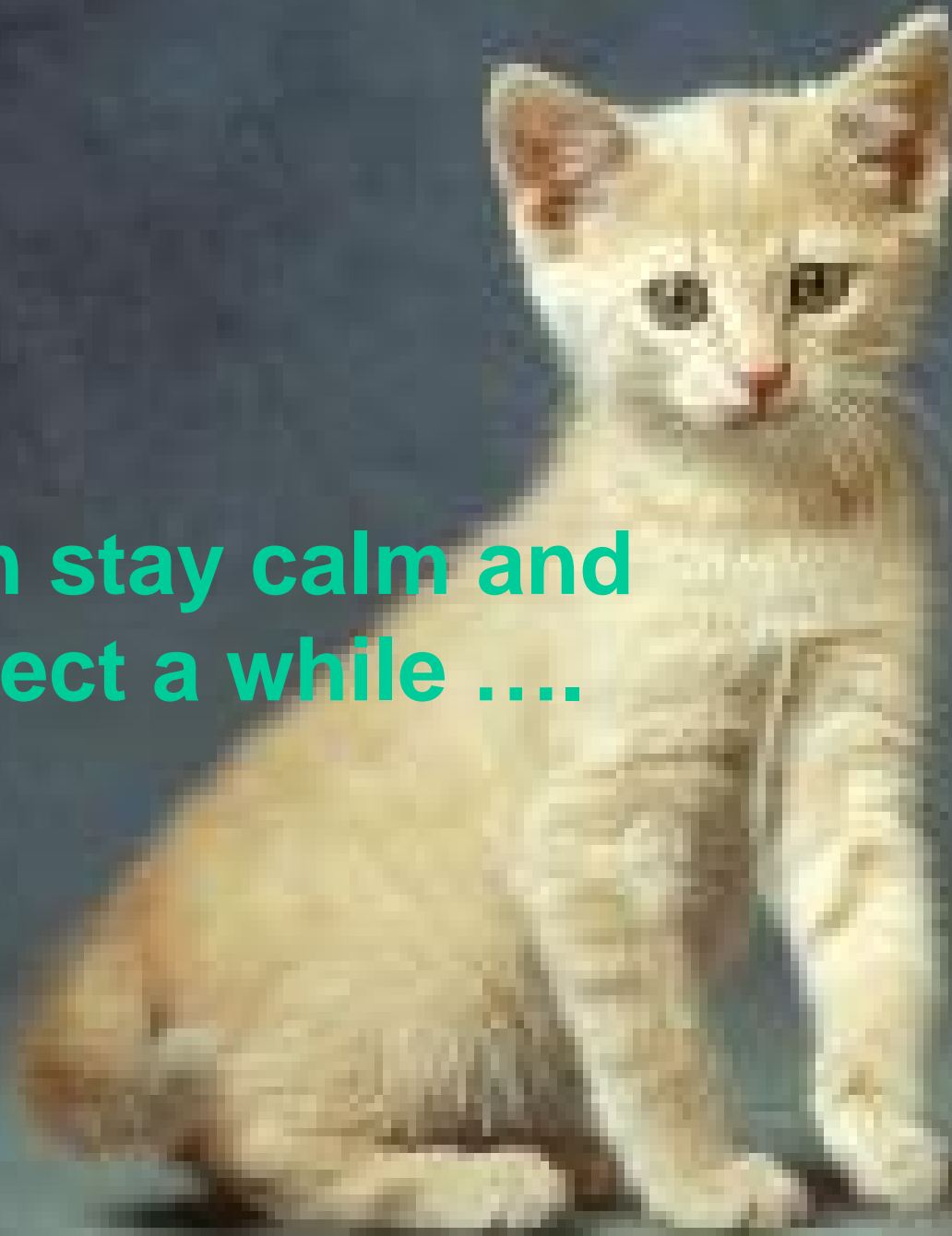
**And you notice your
skin getting wrinkled
and you are
beginning to feel
old..**



A close-up photograph of a small, light-colored kitten. The kitten is wrapped in a thick, blue, knitted or crocheted material that covers its body like a blanket. The kitten's head is visible at the top, with its eyes closed and a peaceful expression. The background is a plain, light brown surface.

**And you stop having the
energy to fight every battle..**

**Then stay calm and
reflect a while**



Think about all the wonderful moments in life..

**About your friends and all who
hold you dear!**






**You'll see life is not as bleak
as you first thought**

A dachshund dog with a brown and white coat is standing on a light blue surface. To its left is a black electric fan with a mesh grille. The dog is looking towards the fan. The background is a plain, light blue wall.

**So blow away the cobwebs
of dark and depressive
thoughts**

A landscape photograph of a forest at sunset or sunrise. The sky is a vibrant, glowing orange and yellow, with a bright light source creating a lens flare effect. The trees are dark and silhouetted against the bright sky. A path or road leads through the forest towards the horizon.

**And you'll see that even the
dark moments will become
brighter**

A photograph of a sunset or sunrise over a dark landscape. The sun is a bright, glowing orb in the center, casting a warm, golden light across the sky. The sky transitions from a deep blue at the top to a lighter, hazy orange near the horizon. The foreground is mostly in shadow, with some dark, silhouetted shapes that could be trees or hills. The overall mood is peaceful and serene.

**Give your troubles to the One
who promised to carry your
burdens and give you a peace
beyond all understanding!**

**I wish you a happy,
peaceful and positive day.**

