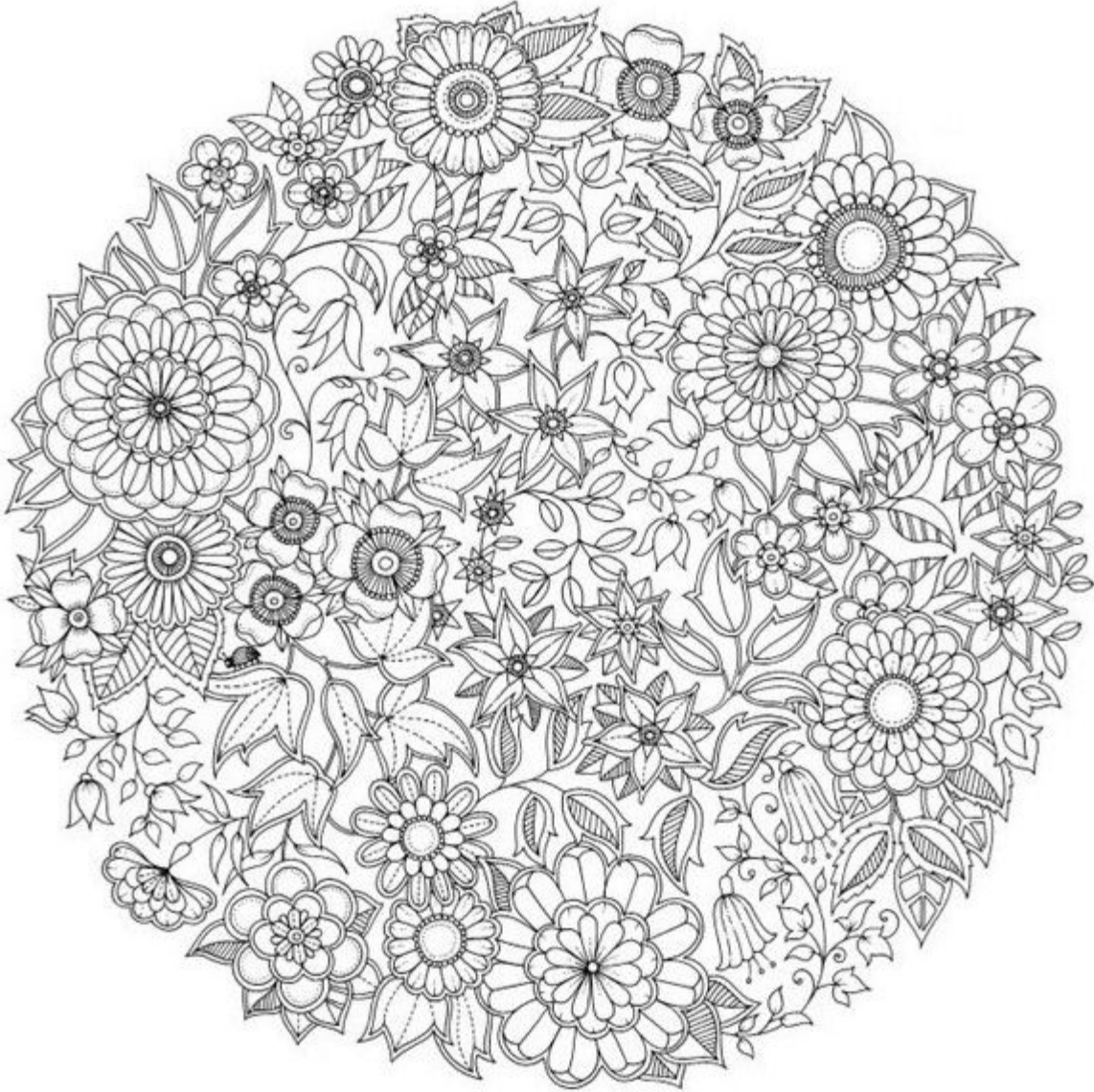


If you are depressed, you are living in the past.  
If you are anxious, you are living in the future.



If you are at peace, you are living in the present.