FROM THE CREATOR OF teamgloria.com



### How to Stay Sane in a Crazy World

A MODERN BOOK OF HOURS TO SOOTHE THE SOUL

SOPHIA STUART

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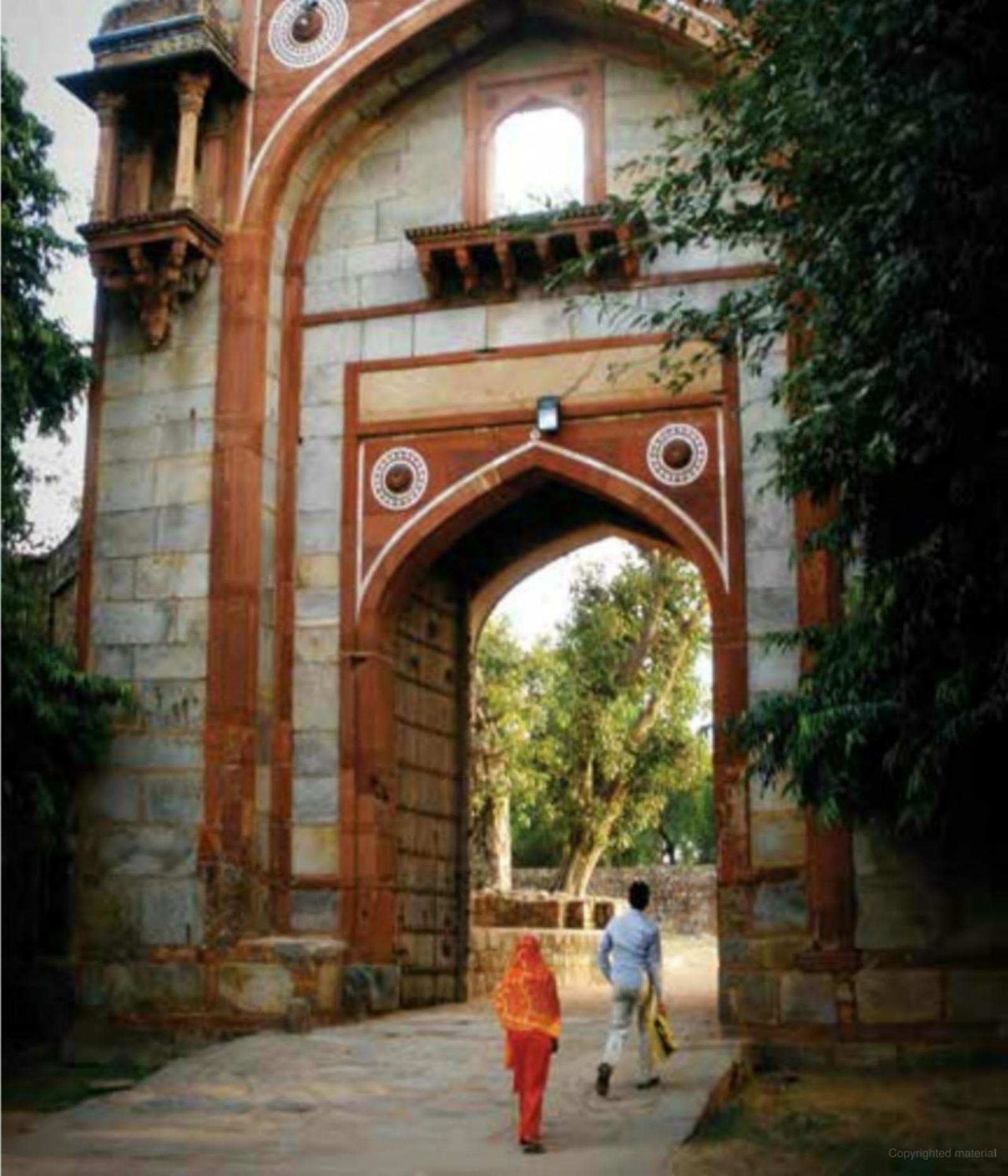


### Catch a train.





Step into the past.





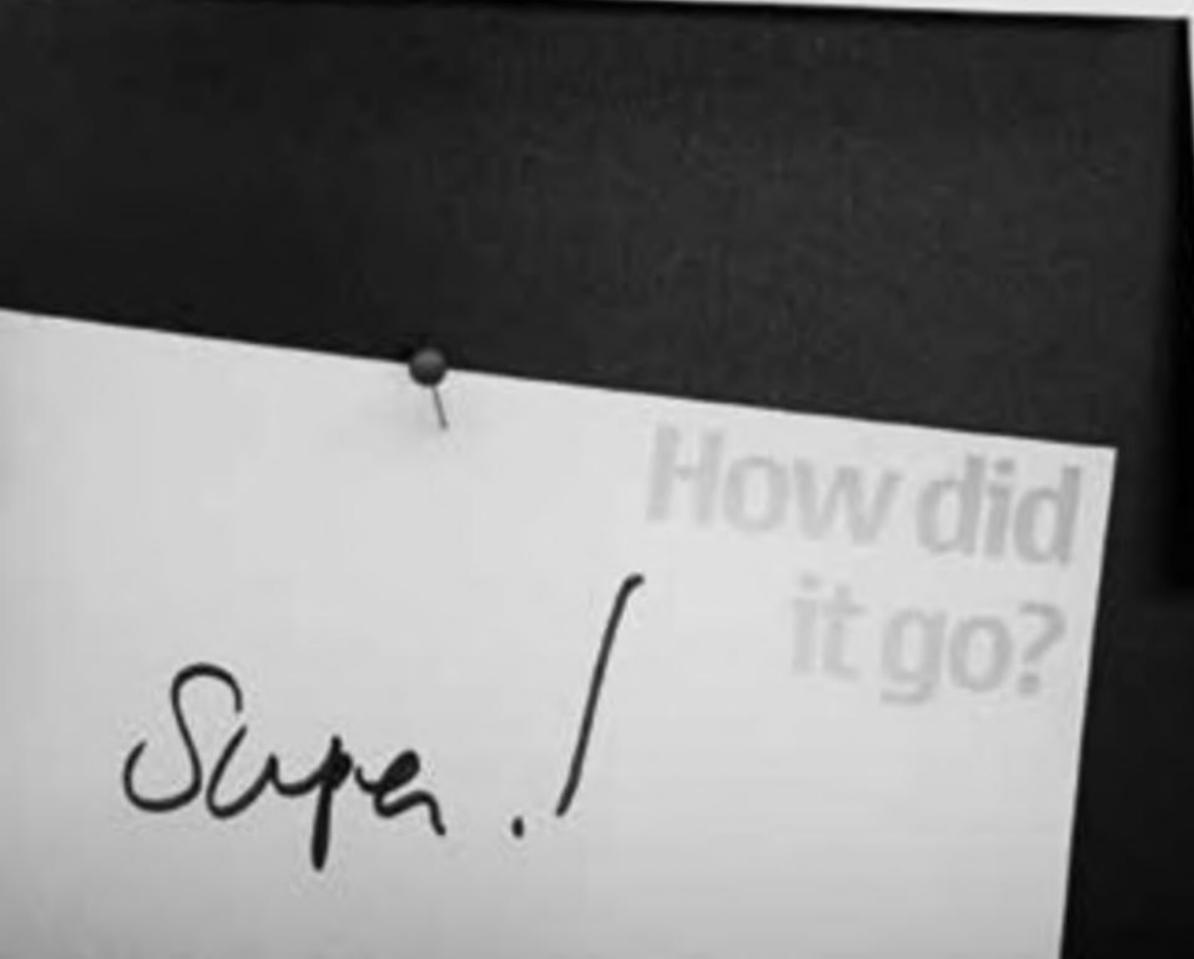


Visit the future.



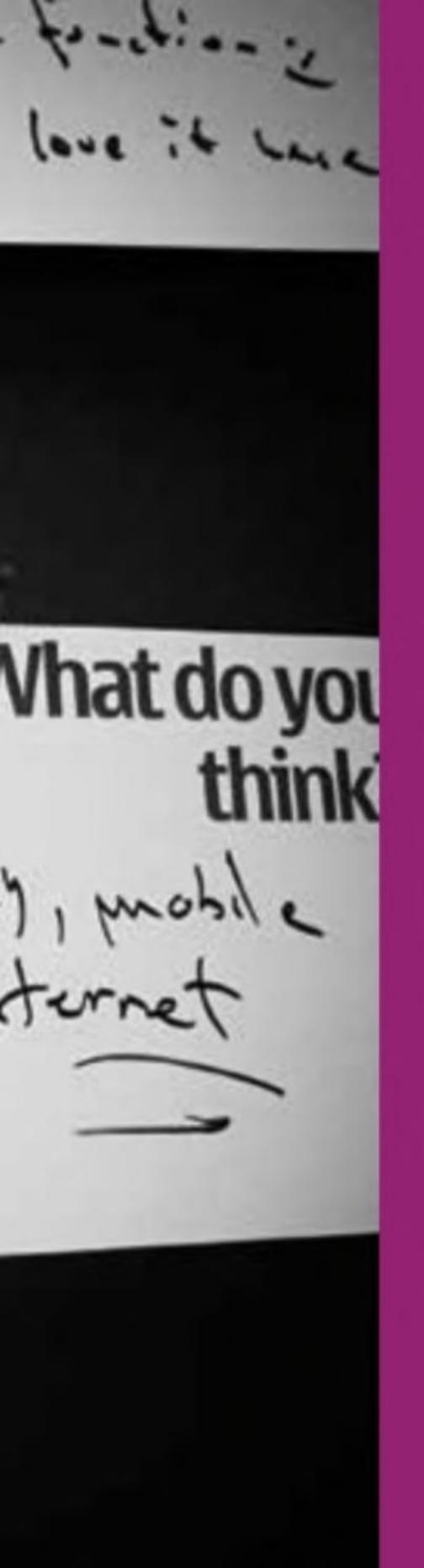
## I was thinking...

I WEED TO SLEEP!



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Tell your friends how you feel.



Take a walk at dusk.







Make a road-trip playlist.

Find a place to write.



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Watch foreign films.

Get sand between your toes.









Swim in cool waters.

Eat raw veggies while reading glossy magazines.



