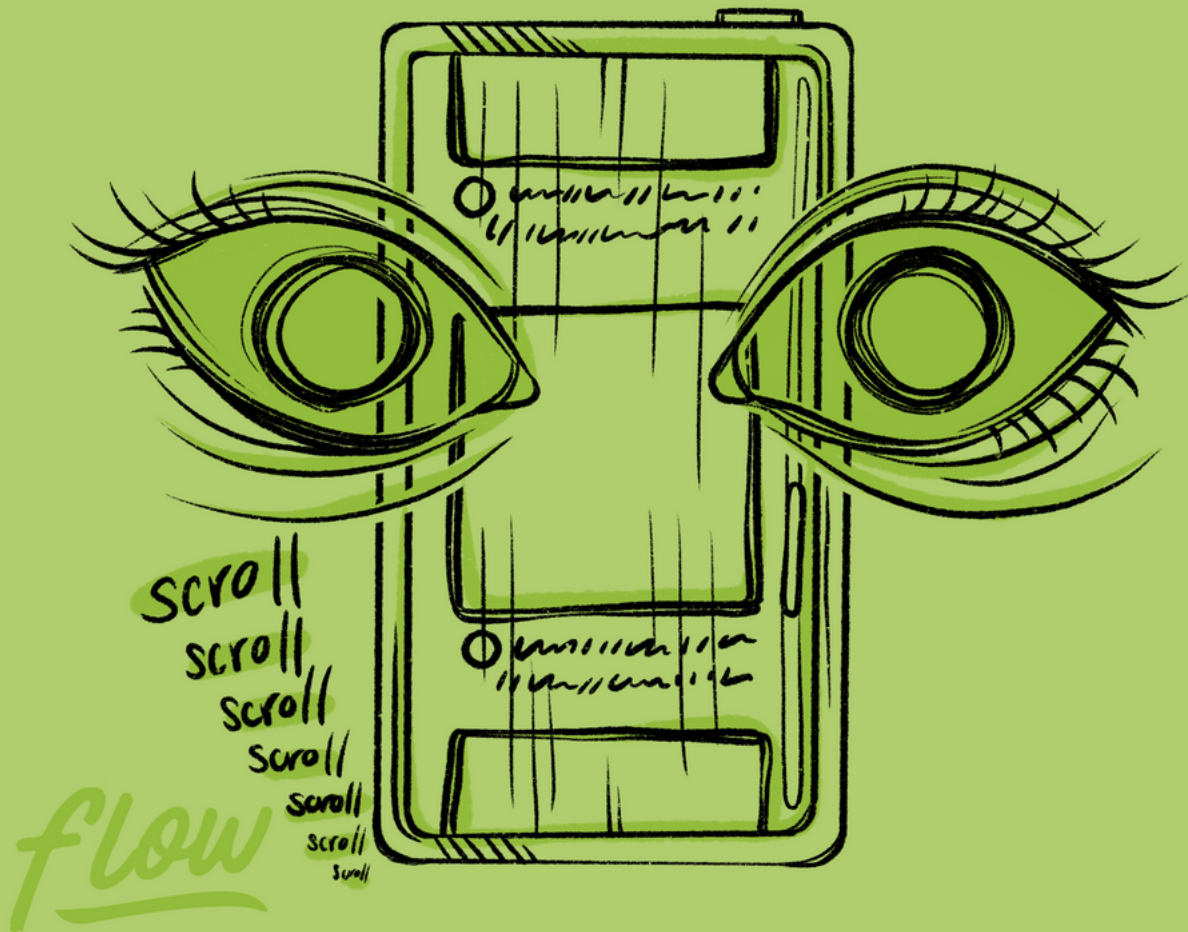


Whether we realize it or not, we  
are constantly consuming content nearly  
all day long.



A CONSTANT STREAM  
OF INFORMATION  
FLOWING STRAIGHT  
TO YOUR BRAIN



You may think it doesn't affect you,



but it does.

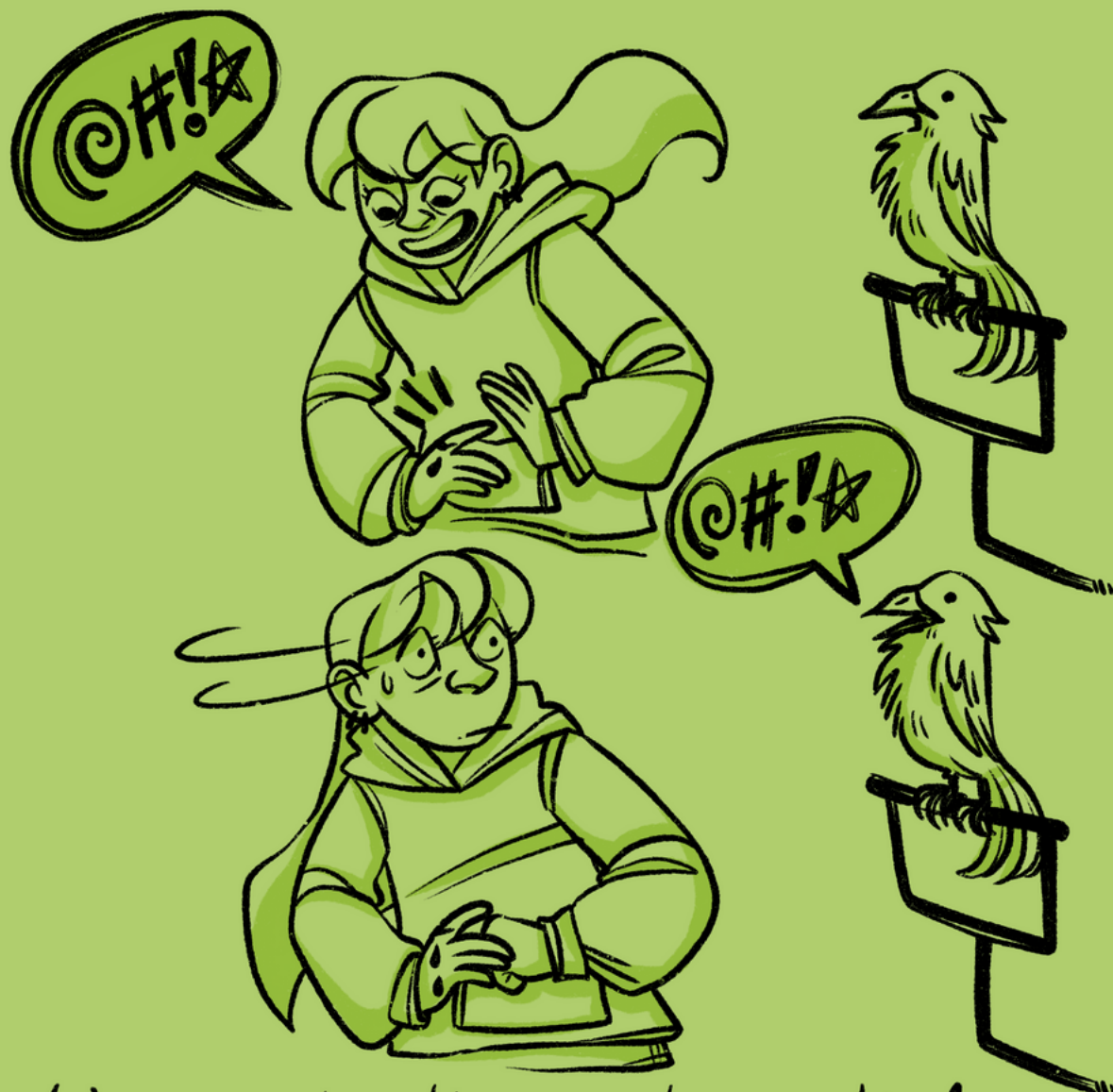


Even if you  
start out not  
"agreeing" with  
what you watch  
or listen to,  
it can still  
take root in  
your heart  
more than  
you realize.

It's all a cycle.  
What you take in,  
you begin to  
put out.







We can be like parrots in that way.

The more you fill your spongy  
brain with positive things, the  
more you allow that goodness to  
soak in.

