

Live In The Moment

**Description**

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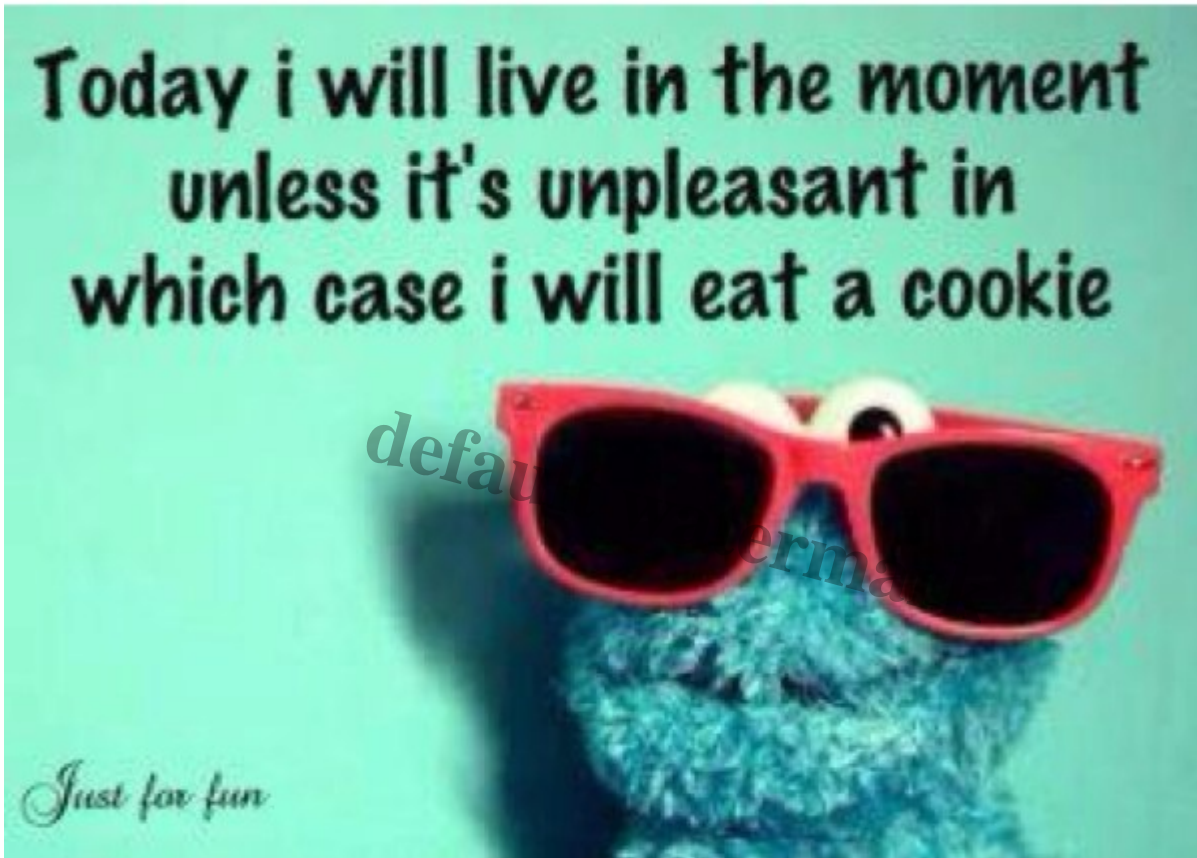


photo via pinterest

Happy Monday! Cookie Monster is my favorite Sesame Street character because I too love cookies. I found this image on pinterest and it makes me smile because eating something sweet is precisely how I react to unpleasant situations. Also, as much as I tell myself to live in the moment, the past and the future keep hounding me. What is your vice during unpleasant times?

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**Author**

queenie