



“Dani, you look sad,”
her reflection said.

**At first, Dani was surprised.
Then she began to cry
as she started to tell the story
of how her parents were fighting.**



“How does that make you feel?”
her reflection asked.

“Sad,” Dani said.

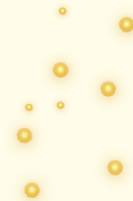
“I feel sad.”

“Well... it’s OK to feel sad, Dani,”
her reflection said.

Dani’s tears dried.

A few moments passed.

“How do you want to feel?”
asked Dani’s reflection.



“Happy!” Dani said.

“What were you thinking about as you said the word *happy*?” her reflection asked.

“I was thinking about laughing, playing with my friends, my parents, my dog, and how good all of that feels,” Dani said.

“You see, Dani, it *is* that easy to *feel happy*.”







The reflection continued...

**"Now, Dani,
sometimes it takes longer to feel better.**

**Though, by giving *your* attention
to the things you love**

and

**the daily practice of thinking this way,
you can feel better quickly."**

**"Then anything becomes possible, Dani,
anything!"**

