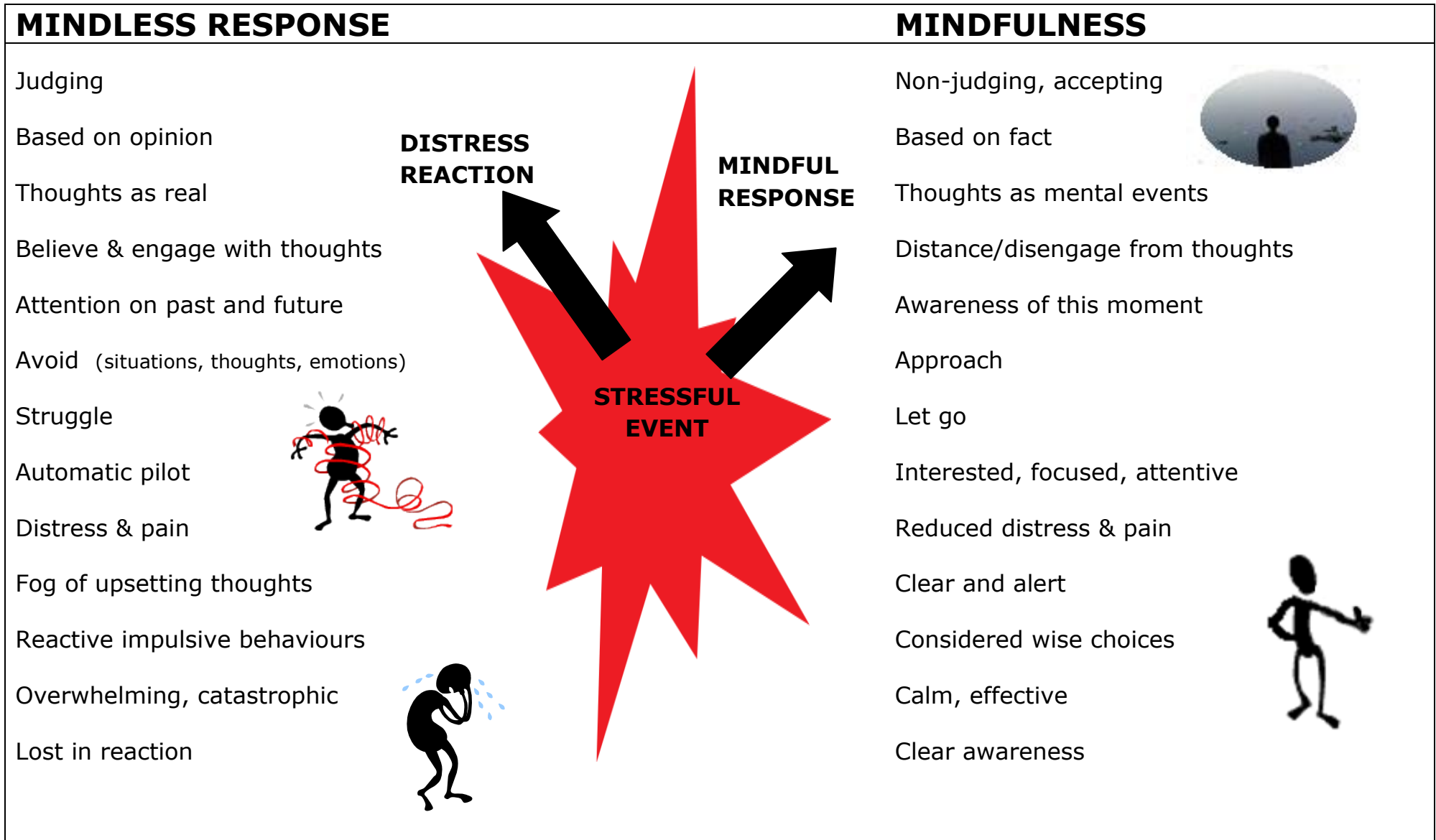


# Why Mindfulness?



- Consider the most distress you have experienced or are ever likely to experience. Is that time in the past? Is it perhaps in the future?
- Right now, at this very moment, are you the most distressed you have ever been or are likely to be?
  - If not, then perhaps that's a good reason to learn to be mindful - to put our attention to this very moment.