



# Present GIVE YOURSELF THE Time

WHENEVER ANXIETY IS STRONG, TAKE A BREATH AND THINK ABOUT THE PRESENT TIME  
MEDITATE, AMUSE YOURSELF, CHAT. AND WHENEVER YOU NEED, CONSULT A SPECIALIST.

**TODAY IS THE PAST OF THE FUTURE AND YOU CAN CONTROL IT.**

The entire intellectual content belongs to Grupo D'Or.  
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Check out on the website  
[dorconsultoria.com.br/present-time](http://dorconsultoria.com.br/present-time)  
and listen whenever you wish.

