

GREAT END – October 23, 2007

***“Before you agree to do anything that might add even the smallest amount of stress to your life, ask yourself: What is my truest intention? Give yourself time to let a yes resound within you. When it's right, I guarantee that your entire body will feel it.”*** -- -- Oprah Winfrey (1954 - )

from the Quotations Page ([www.quotationspage.com](http://www.quotationspage.com)) – quotes on Relaxation