

DEAR S,

YOU ARE A KID.



YOU HAVE NO SHORTAGE OF PEOPLE TELLING YOU WHAT TO DO.



GENERALLY THIS IS A GOOD THING.



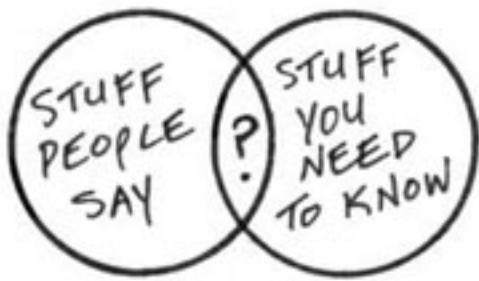
PEOPLE TEACH YOU BASIC RULES FOR LIVING.



PEOPLE SAVE YOU FROM HAVING TO LEARN THE HARD WAY.



PEOPLE HELP YOU REMEMBER WHAT YOU'VE LEARNED ON YOUR OWN.



BUT IT'S NOT COMPLETE.



NOBODY CAN PREPARE YOU FOR EVERY SINGLE SITUATION THAT CAN HAPPEN IN YOUR LIFE.



AND BECAUSE PEOPLE ARE NOT PERFECT, SOMETIMES THEY WILL TELL YOU TO DO THE WRONG THING.



WHAT YOU NEED IS A DEVICE.



IT SHOULD BE THE SMARTEST THING IN THE UNIVERSE.



IT SHOULD BE PORTABLE, SO YOU CAN ALWAYS TAKE IT WITH YOU.



IT SHOULD BE ATTACHED TO YOUR BODY, SO YOU DON'T FORGET IT.



ACTUALLY, YOU HAVE SUCH A DEVICE.



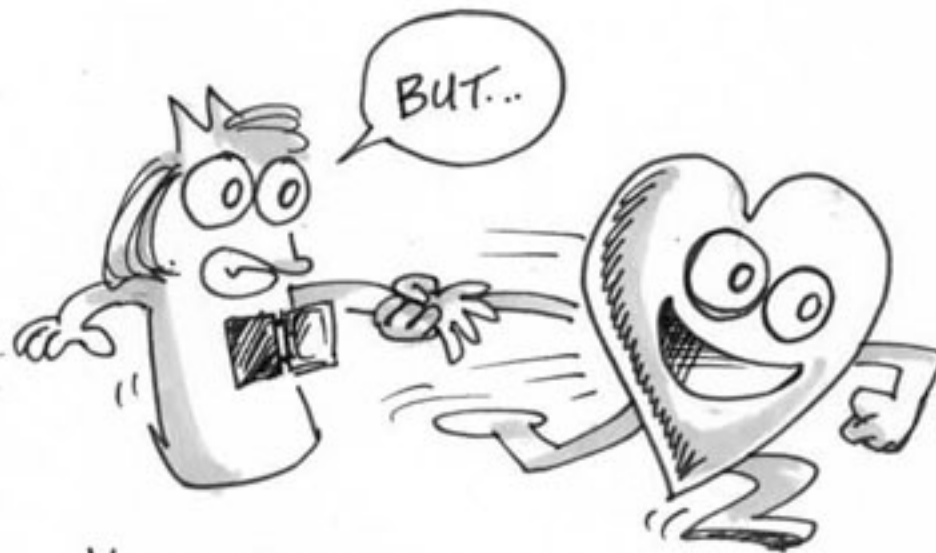
IT IS **YOUR GUT.**



YOUR GUT IS THE
SMARTEST BODY PART YOU HAVE.



YOUR BRAIN MAY BE VERY SMART,
BUT IT IS CONFUSING AND INDECISIVE.



YOUR HEART MAY BE IN THE
RIGHT PLACE, BUT IT IS
SINGLE-MINDED AND BOSSY AND
IMPATIENT.



YOUR GUT WILL ALWAYS
TELL YOU THE RIGHT
THING TO DO.



I HAPPEN TO BELIEVE
GOD USES MY GUT TO SEND
ME MESSAGES ABOUT
WHAT TO DO.



BUT YOU DON'T
HAVE TO BELIEVE IN GOD
TO USE YOUR GUT.



MORE! LESS!
STOP! KEEP GOING!

WHICH IS GOOD, BECAUSE
TELLING SOMEONE WHAT TO
BELIEVE IS LIKE TELLING YOU
HOW MUCH AIR TO BREATHE.



SO YOU MIGHT BE THINKING,
"OKAY, THAT'S GREAT. I HAVE A
SMART GUT."



HOW AM I SUPPOSED TO USE IT?



YOU'VE ALREADY TAKEN
THE FIRST STEP BY BEING
AWARE OF YOUR GUT.

THE EASIEST WAY
TO START USING YOUR GUT
IS WHEN YOU FIND
YOURSELF IN A SITUATION
THAT MAKES YOU
UNCOMFORTABLE.



YOU WILL NATURALLY HAVE A MOMENT OF HESITATION, WHERE YOU'RE LIKE:



"CRAP. WHAT AM I SUPPOSED TO DO?"



① PAUSE FOR A MOMENT.



② ASK YOUR GUT.



③ DO WHAT YOUR GUT SAYS.



YOUR GUT IS RIGHT A HUNDRED PERCENT OF THE TIME.

IT MAY TAKE
A FEW TRIES.



SOMETIMES YOUR GUT
SPEAKS QUIETLY.



SOMETIMES YOU
WON'T BELIEVE
WHAT IT'S TELLING YOU.

EVEN IF YOU
DO OBEY YOUR GUT...



SOMETIMES YOU WON'T KNOW
RIGHT AWAY THAT YOU
DID THE RIGHT THING.



BUT SOON YOU WILL.



AND IT WILL GIVE YOU MORE
CONFIDENCE TO TRUST
YOUR GUT NEXT TIME.



NOW, EVEN WHEN I'M DOING MY BEST TO LISTEN TO MY GUT...



... SOMETIMES I CHICKEN OUT, OR MAKE MISTAKES.



BUT OVERALL LIFE IS BETTER.



I AM MORE USEFUL.



I AM MORE ASSERTIVE.



I FEEL MORE ABLE TO DO THE RIGHT THING, NO MATTER HOW AFRAID I MIGHT BE.



AND LIFE GETS BETTER.



WHISPER WHISPER

I WISH SOMEONE HAD TOLD ME WHEN I WAS YOUR AGE.



WHISPER WHISPER

SO I'M TELLING YOU. (AND YOUR GUT.)

LOVE, AUNT TORY