

FOREWORD BY
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Rest,
Girl

A JOURNEY

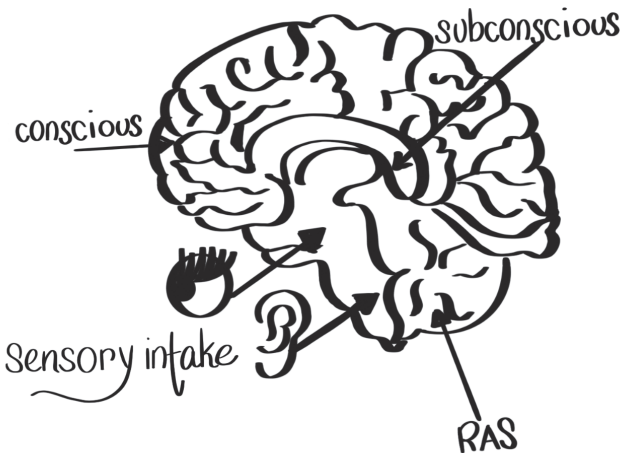
FROM EXHAUSTED AND STRESSED

TO ENTIRELY BLESSED

Jami Amerine


BARBOUR
PUBLISHING

The subconscious has a partner in crime. It is called the RAS, or the reticular activating system. The subconscious mind is the part of your mind that holds deep beliefs, habits, and your “go-go data.” The RAS is like the gatekeeper of the mind. It is a small group of cells at the base of your brain stem. It filters the incoming “data” or images, tastes, sounds, colors, textures—not smell, but all your other senses. Our brains can only process so much of this data at a time, so the RAS decides what is important to you and what is not.





That's right. It's universally understood that this is a sign for a men's and women's restroom. Even if you are in a non-English-speaking foreign country, if you see a sign like this, you can assume a restroom is near.