

Bonus Episode: Stress: What to Do with It?

Description: Tom Lavin is a therapist, an educator, and a close friend for over fifty years. He's dedicated both his life and his career to helping people find effective solutions to the problems that come with being human. Tom recently delivered this talk on "stress" to a group of public-service attorneys in Reno, Nevada. He believes we often try to "cope with stress" rather than seek its causes that often lie below the surface of our lives. As the Big Book reminds us, "our liquor was but a symptom." With holidays fast approaching, I thought Tom's message is one that can benefit us all. So, relax, listen, learn, and enjoy!

- **Show notes: Handouts: (See Attached: living a Meaningful Life – Bluebird)**