



Whew!— Okay, gals, she's "AWAKE,"
TIME TO DOWNLOAD!

You're still fat and ugly

LOSER
The rent payment is overdue—
AGAIN!

COFFEE!

GOOD GOD!!
MAKE IT STOP!

Hi-ho, hi-ho, it's off to work you go...

FLIRT with that GUY TODAY

Remember your favorite color is pink
If you went to bed at 12 and it's 7, that means ... you didn't get enough sleep!

Why bother?

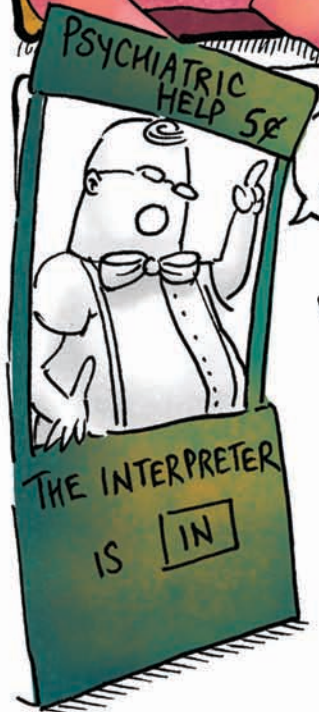


Oh— but WAIT UNO MOMENTO!

What's that SPECIAL sensation in your STOMACH?!

The heaviness is VERY FAMILIAR ... almost QUEASY

One could EVEN SAY DREADFUL AND BLEAK!



I KNOW WHAT IT MEANS! ...

The Voices

presents ...

SURVEY SEZ!!

You're DEPRESSED AGAIN!



YEEES!

I call this — "YOUR DISMAL FUTURE #79." What do you think?

!

Welcome to the First Day of THE REST OF YOUR LIFE!

Absolutely PATHTIC— This is ALL YOUR FAULT!

I don't want to be depressed!

FLUSH!

plunk
FAILURE

But ya ARE, Blanche, YA ARE DEPRESSED!

Oh no, ... that sinking again ...
Oh no ...

How horrible!

How HORRIBLE!
HOW HORRIBLE!

UNDER AGAIN!

You can't stand it!

Not even spiritual practice can save you NOW!
HA, HA, HA, HA!

This is AWFUL
YOU CAN'T FUNCTION
HOW HORRIBLE!
LIFELESS
ALL YOUR FAULT
YOU CAN'T STAND IT
ding ding ding ding ding ding
ROCK BOTTOM

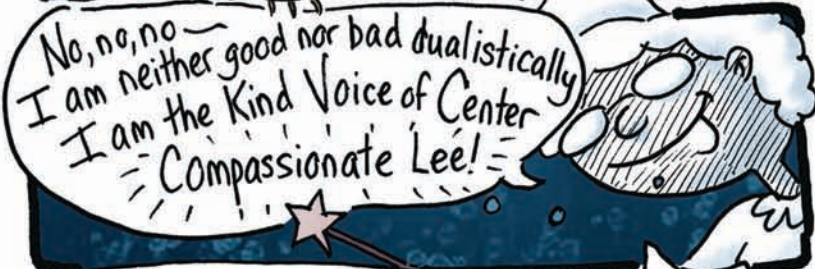


Poof!

Oh DEARIE!
The Voices are making those sensations in your body DREARY.

Who... who are you?
Are you the Good Witch of the South?

If you wish to be FREE—
Remember to Breathe consciously.



No, no, no—
I am neither good nor bad dualistically
I am the Kind Voice of Center
Compassionate Lee!



Wow!

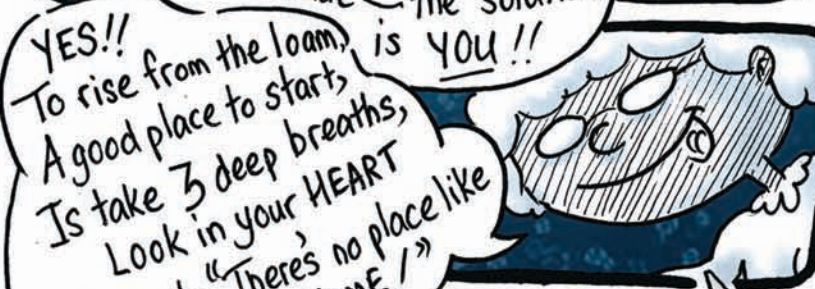


You see...
The energy that you appear to LACK
The voices generate from you
so that they may SNACK!

Your transport to freedom
You always knew—the whole
time inside—the solution
is YOU!!



It IS...?



YES!!
To rise from the loam,
A good place to start,
Is take 3 deep breaths,
Look in your HEART
and repeat—“There’s no place like
HOME!”



There’s no place like
Home... there’s no
place like
Home...



Poof!

Tick
Tock
Tick...

Whoa... it was
JUST A
DREAM!



That’s right, my
dear Lenore...

You don’t need to practice
ANYMORE—Depression is behind
you—BYE BYE—HASTA LA VISTA—
NEVERMORE!!

HA HA HA
HA HA HA

NEXT WEEK!
HOW THE VOICES
GOT ME AGAIN!!

© Alex Mill

ABOUT ALEX MILL

Alex Mill is a Zen Life Coach. He trained in a Zen monastery for nearly 14 years and now offers his extensive experience to help people transform their lives and businesses from the inside-out through mindfulness, meditation, and compassionate self-mentoring practices.

He is the creator of two life-changing, 30-day online retreats, *[Heart-to-Heart: Compassionate Self-Mentoring](#)*, and its sequel, *[Help Yourself to Change](#)* (both filled with cartoons like the ones in this book).

He offers an online version of his Zen meditation workshop entitled, *[Taming Your Inner Noise](#)*, where you can learn how to meditate and experience why meditation is so important.

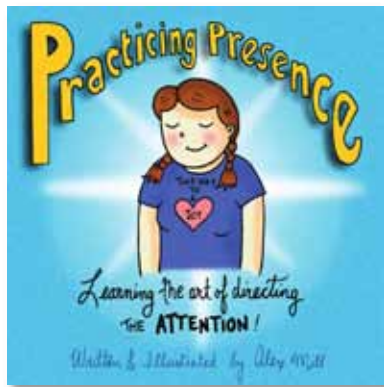
He is the author of several other books on Zen awareness practice including *[Practicing Presence](#)*, *[The Zen Life: Spiritual Training for Modern Times](#)*, *[A Shift to Love: Zen Stories and Lessons by Alex Mill](#)*, and three mini guidebooks, *[Living the Zen Life: Practicing Conscious, Compassionate Awareness](#)*.

If you'd like to learn more about Zen Life Coaching, please go to his website, coaching.zenlife.coach, and send an email requesting more information.

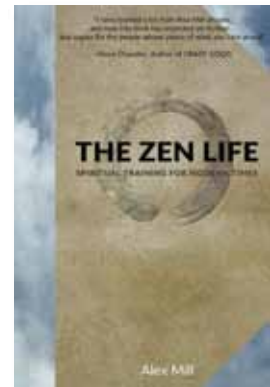
Alex lives in Louisville, Colorado with his partner in compassionate transformation, Karen Davis, and their English Crème Retriever, the aggressive cuddler, Prince Jax, Master of All He Surveys (Jax for short).

You can read more about Alex's books, retreats, workshops and latest offerings at <http://www.zenlife.coach>.

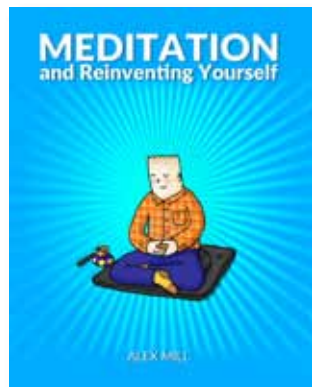
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