Editor’s Break 009 – One Morbid Trick to Reduce Stress and Anxiety (19m)

Editor’s Break 009 is a condensed chronicling of Skyler’s life over the last year and a half and why he experiences more stress and anxiety than he used to. He finishes with one simple, albeit morbid, trick that helps him manage it by keeping things in perspective. Note: He recorded this while walking along busy streets, so there’s a bit of background noise, sometimes a lot.

Listen to Editor’s Break 009 (19m, mp3, 96kbps)

Subscribe

via RSS here.
via iTunes here.
via Stitcher here.
via blubrry here.
via Player.FM here.