

# Insurance Photos, Morning Stretches, & Emotion Venting (16m) – Episode 022

Episode 022 looks at taking photos and video of your home for insurance purposes; rotating out to donation old stuff that you've replaced with new stuff; stretching in the mornings to help yourself wake up, and putting your sleep alarm at the other end of the room; why you should always answer "yes" to someone at your door asking if you have a security system; and why it's important to never ignore your feelings or thoughts.

Listen to Episode 022 (16m, mp3, 64kbps)

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