

# The PACKARD PRESS

A collection of thoughts and stories to educate, entertain and inspire.



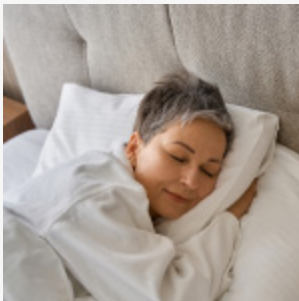
## FINDING GRATITUDE IN OUR STUMBLER

Sometimes, life feels like driving a precariously loaded trailer through the Rockies, just praying it doesn't tip over. For my father, that was a literal challenge to overcome. In 1965, he nearly gave up on law school after a rough first year left him doubting his future as a lawyer. He and my mom, who was 7 months pregnant with their second child, packed up everything they had in a small utility trailer. They left to go paint bridges in Washington state. It was supposed to be a ... [CONTINUE READING](#)



## CLEANSE YOUR MIND, BODY, AND SOUL THIS FEBRUARY

All of us need to feel something sacred, something pure. February is a month of purification and the perfect time to press reset and reconnect with a deeper side of ourselves. With all the stressors of everyday life, cleansing is a necessary process. Purification offers a way to gain a sense of clarity. This is true whether it is physical — like when doctors wash their hands before an operation, or spiritual — such as fasting or meditating. If you have never paused to cleanse your mind, heart, and habits, now is a great time to start ... [CONTINUE READING](#)



## THE SLEEP HACK YOUR BRAIN WILL LOVE

A good night's rest is one of the keys to a healthy life, but if counting sheep isn't working for you, a psychology-based sleep hack can help quiet your most intrusive thoughts. Cognitive shuffling is a technique that aims to disrupt your thought patterns by focusing on random words to help your mind relax. It's like shuffling a deck of cards — rearranging all the ideas to quiet the noise so you can sleep. Get ready to finally catch some z's with this clever strategy to take you into dreamland ... [CONTINUE READING](#)