

A stack of five smooth, dark grey stones is balanced on a sandy beach. The stones are stacked from top to bottom: a small, pointed stone, a flat stone, a round stone, a larger flat stone, and a large, flat stone. The background shows a calm ocean under a clear sky. The text is overlaid on the right side of the image.

"Balance is not  
something you  
find, it's something  
you create."

**JANA KINGSFORD**

# Finding Balance

**Rachel S Tattersall**



**Finding Balance:**

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