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SUMMARY KEYWORDS

Heartbeat, rests, resign, psychiatrist, man, Saunders, shoulders, beginning, boss, world, Hartford, office, piece

SPEAKERS

Landon Saunders

Landon Saunders 00:00

Hi, I'm Landon Saunders. Is there any possibility you're taking yourself too seriously? A man went into a psychiatrist's office. Doctor: "Well, since I haven't seen you before, why don't you just start at the beginning?" Patient: "Okay. In the beginning, I created the heavens and the earth." If you believe the whole world rests on your shoulders, take a piece of paper and write, "I hereby resign as boss of the universe." Feel better. My address: Heartbeat, Hartford, Connecticut, 06142.