



Home Run

He was so happy; he said yes right away and ran over to be with them. Max was so good at baseball; he hit the home run that allowed his team to win the championship game.

Everyone cheered for him.



Lauren asked Max how he learned not to chase his tail. He smiled and said, "Each time I feel like chasing my tail, I stop, close my eyes and concentrate breathing in and breathing out, then I say 'in' for each breath in and 'out' for each breath out.

After I count ten breaths in and out, I say,

*"I will not chase my tail today.
I will not chase it any day.
I'll use my time for friends and fun,
to hop and skip and play and run.
I will not waste another day.
I'd rather use my time to play."*



His friends put him on their shoulders, and cheered aloud, "We are so happy for you, Max, we are going to change your name to Mindful Max.