

e-tips...

to help you Live Well

## A Thanksgiving Thought

“It is a miracle if you can find true friends, and it is a miracle if you have enough food to eat, and it is a miracle if you get to spend your days and evenings doing whatever it is you like to do, and the holiday season – like all other seasons – is a good time not only to tell stories of miracles, but to think about the miracles in your own life, and to be grateful for them.”

-Lemony Snicket, *The Lump of Coal*

May you count your miracles tomorrow and through the holiday season.

Happy Thanksgiving

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Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

