



Afflatus Creations

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The Age of Anxiety

We live in a world where worries never cease,
a constant hum of unease, a nagging sense of disquiet.
We're overloaded with information, yet feeling uncertain,
our minds racing with fears, hearts heavy with doubts.

We're driven by the need for speed, for productivity, for progress,
our lives a never-ending cycle of striving, of achieving.
We're exhausted, yet can't slow down, can't stop, can't breathe,
our anxiety a constant companion, a shadow following us everywhere.

In this age of anxiety, we're searching for solutions,
a way to calm the storm, to still the turbulent waters.
We're seeking solace in mindfulness, in meditation, and in nature,
a way to quiet the mind, to soothe the soul,
and to find peace.

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