

The background of the image features a dense pattern of vibrant green leaves, likely basil, with visible veins and serrated edges. The bottom portion of the image transitions into a light blue, rippling water effect, creating a fresh and natural aesthetic. A semi-transparent white rounded rectangle is centered on the page, containing the main text and the author's name.

“The discovery of the power of our thoughts will prove to be the most important discovery of our time.”

*William James*