

What's my oxygen?

Knowing what your oxygen is allows you to breath in life, it allows you to feel good about your self, it can be activities you do or foods you eat, what ever it is, the out come would be that you feel better, lighter, happier, afterwards.

Below list in order of preference what you do to “give you oxygen”

Daily,

1,

2,

3,

Weekly

1,

2,

3,

4,

5,

Monthly

1,

2,

3,

4,

5,

Yearly

1,

2,

3,

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