

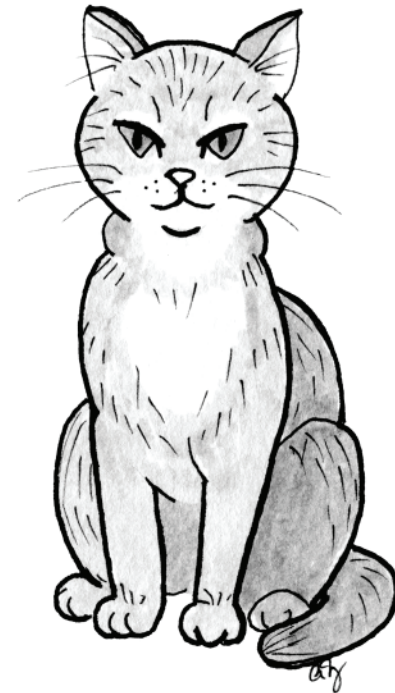
How to Be Unbothered

*A feline guide to emotional clarity
in 5 lessons*



*written in collaboration with
Tilda Pawthorne*

<https://realmscapes.world>



starring

Tilda Pawthorne

Reject every invitation
to panic



*if the sky isn't falling,
don't leap*

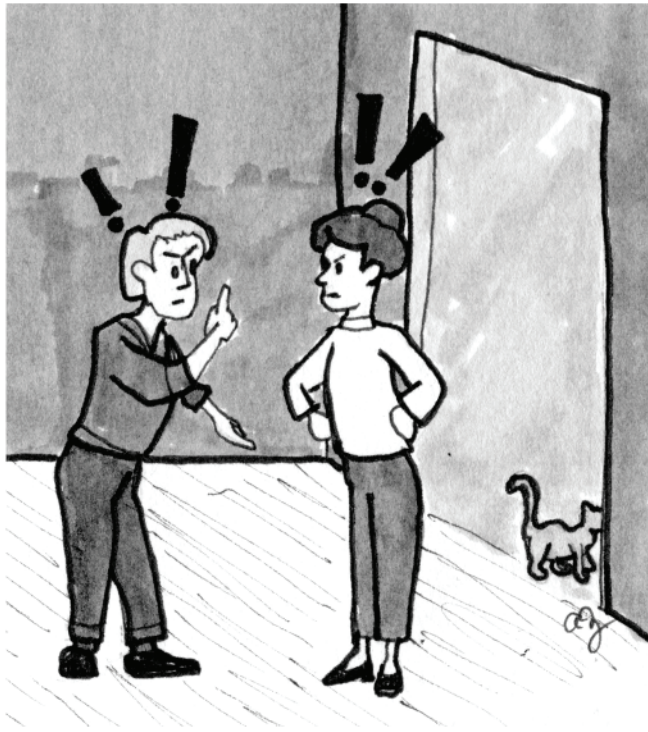
The Unbothered Pledge

I pledge



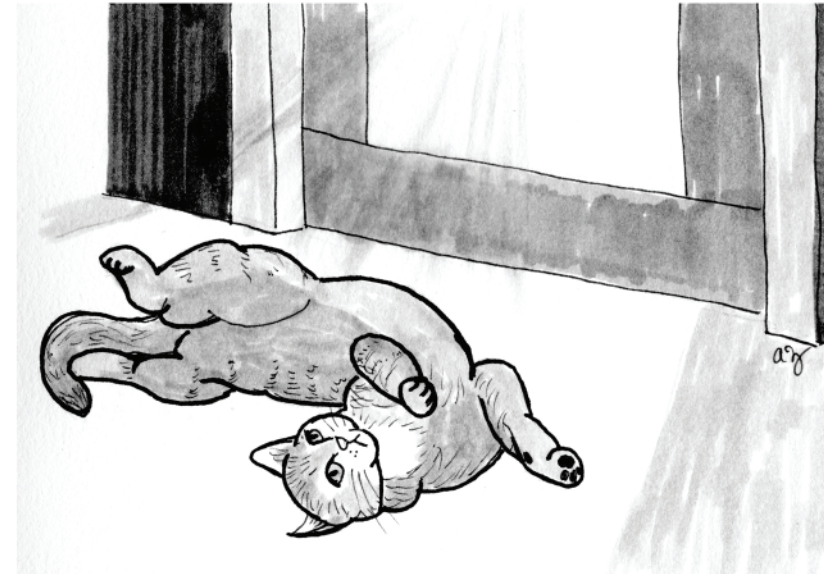
**to remain unbothered
but not unaware,
to notice wisely,
to speak when it counts,
and to preserve joy like it's sacred.**

Walk away mid-sentence



*exiting is an art form
worth mastering*

Position matters



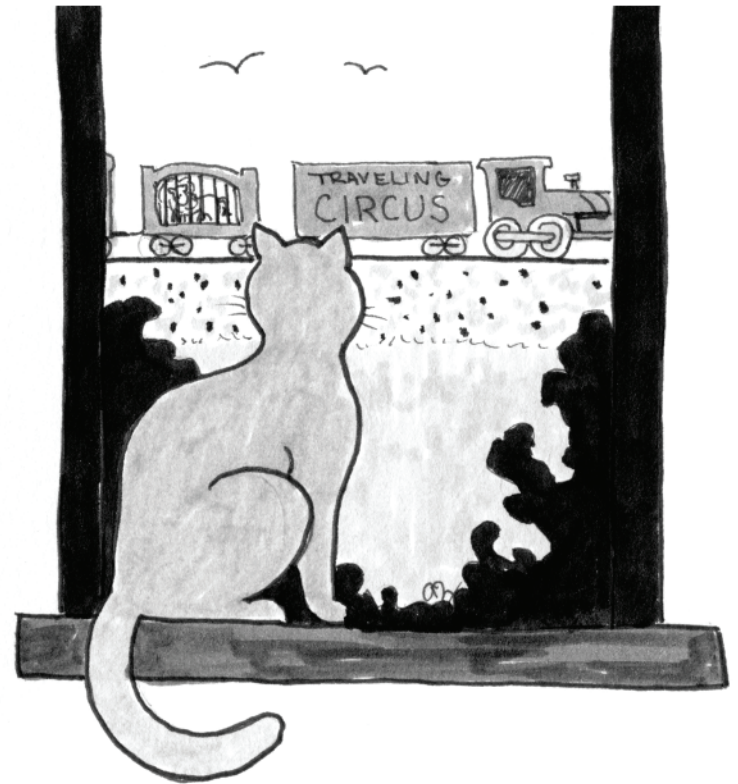
*the world needs you whole,
not heroic*

Scratch with a purpose



save your claws for what matters

Not My Problem
is a valid sentence



*you don't have to buy a
ticket to every drama*