**Silence**

**The beauty of a silent breakfast: When you can't find time to meditate, there's another way of quieting your mind: eating breakfast in total silence, said Hillary Richard in The New York Times: When I first tried this ancient mindfulness practice, common to various monastic traditions, "my mind revolted halfway through my granola." It was surprisingly difficult to direct all my attention to the food in front of me. "I had a to-do list a mile long; I was deeply uncomfortable." Once my anxious brain wore itself out, though, I experienced an unusual feeling of freedom, and during subsequent breakfasts, "I worked on being my own company, on treating myself like I'd treat a guest, on asking myself questions." Now I never miss my quiet morning meal, because it's an effective way to start the day "purposefully, calmly, and in gratitude." (The Week magazine, December 4, 2020)**

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[**Today, October 8th, 2025, is**](http://www.mondaymunchees.com/)

**NATIONAL DEPRESSION SCREENING DAY**

[**For quotes, stories, funnies, anecdotes, illustrations, trivia, and statistics on this topic, I invite you to scroll down the homepage of the www.mondaymunchees.com website to the Mind-Related document**](http://www.mondaymunchees.com/) **located in the M-section of documents!**

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[**Today, September 24th, 2025, is**](http://www.mondaymunchees.com/)

**INTERNATIONAL COUNTRY MUSIC DAY**

[**For quotes, stories, funnies, anecdotes, illustrations, trivia, and statistics on this topic, I invite you to scroll down the homepage of the www.mondaymunchees.com website to the Music document**](http://www.mondaymunchees.com/) **located in the M-section of documents!**

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**P.S. I invite you to check out the October, 2025 – Daily Holidays which**

**can be opened from the homepage of the** [**www.mondaymunchees.com**](http://www.mondaymunchees.com/)

**website!**

**October 1st, 2025 - answer to abuse.” (Current Anecdotes)**

**Sepptember 24th, 2025 - Academy Award (Charles Reichblum, in Knowledge in a Nutshell , p. 46)**

**September 17th, 2025 - Calvin Coolidge (Paul F. Boller, Jr., in Presidential Anecdotes)**

**September** [**10th, 2025 - grandfather *(Barbara Scarpato, in Reader’s Digest)***](http://www.mondaymunchees.com/)

**September** [**3rd, 2025 - strong friendship *(Richard & Mary-Alice Jafolla, in The Quest, p. 127)***](http://www.mondaymunchees.com/)