

# Un-Stuck in Traffic: How to Bring Joy to Life's Otherwise Annoying Moments

I think we are all in this subconscious believe that time is our relentless enemy that is always racing against us, stealing moments of our lives away. And this in turn causes us to be somewhat anxious and to hurry along; eager to squeeze the most we can out of every single day, which actually lets these moments pass through our awareness with little to no attention at all. We think we are doing our best to manage our time, but my friend, time is but an illusion.