

Audible

My brain doesn't have an inactive status (does any mom's?). I overthink everything and tend to work my anxiety into a frenzy if given too much time to sit unoccupied, which makes my 25-minute commute to work (and back) ummm, interesting at times. Audio books were recommended to me by a counselor to help keep my brain focused on something so it doesn't run away with me. It works! I'm now 100% addicted to audiobooks and listen to them for hours a day. Not just in the car, but when I'm cleaning, cooking and getting ready in the morning. My Audible membership is invaluable!

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