

**EAS/EmployeeAssistanceServices**  
**Employee Assistance-Psychotherapy**  
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**“Acceptance is the answer to all my problems today.  
When I am disturbed, it is because I find some person, place, thing, or  
situation---some fact in my life---unacceptable to me, and I can find no  
serenity until I accept that person, place, or situation as being exactly  
the way it is supposed to be at this moment...  
I need to concentrate not so much on what needs to be changed in the  
world as on what needs to be changed in me.”**

**Alcoholics Anonymous**