

pab 
CHEEM
KEV SIB KIS
Kab MOB FAB KEV
UA PA!

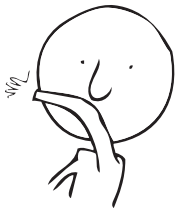
Thaum kev kis mob ntsws kho nyuaj pib sib kis nyob rau hauv peb cheeb tsam ua rau hnoos heev, ntshav txhaws hlab ntsws thiab lwm tus yam ntxwv mob fab kev ua pa – hais txog tej no muaj qee yam uas peb tuaj yeem ua tau.

Txhob cia nws sib kis, ntxuav hloov qhov ntawd!



Ntxuav koj ob sab tes ntev

li 30 chib (vib nas this) hauv dej xub npum kub – lossis siv khoom tua kab mob uas xuas tes



Hnoos rau hauv koj sab tes tsho

— lossis tom qab ntawd siv ntawv so ntswg so koj sab tes



Nyob hauv tsev yog tias koj mob

Zam kev txuas lus sib ze nrog lwm tus.

Yog tias koj twb mob lawm, mus ntsib koj qhov chaw muab kev saib xyuas kev mob nkeeg.

Nco ntsoov, txawm tias koj tsis mob los xij, koj tuaj yeem kis tau kab mob tom tsev lossis thaum koj mus ncig ua si los yog taug kev.