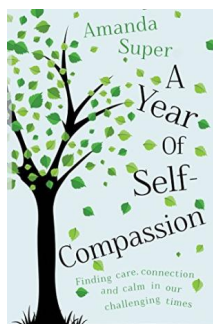


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A YEAR OF SELF-COMPASSION: FINDING CARE, CONNECTION AND CALM IN OUR CHALLENGING TIMES



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