

A man with dark hair, wearing a red cable-knit sweater, is shown from the chest up. He is looking upwards and to the right with a thoughtful expression. The background is a soft, out-of-focus grey. Overlaid on the image is a quote in large, white, bold, sans-serif capital letters. The quote is enclosed in large, stylized green quotation marks. Below the quote, the name 'Mandy Hale' is written in a smaller, white, bold, sans-serif font, preceded by a dash. At the bottom of the image, there is a solid green horizontal bar containing the website address 'HAPPIERHUMAN.COM' in white, all-caps, sans-serif font.

**SOMETIMES
WHEN YOU LOSE
YOUR WAY, YOU
FIND YOURSELF.**

– Mandy Hale

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