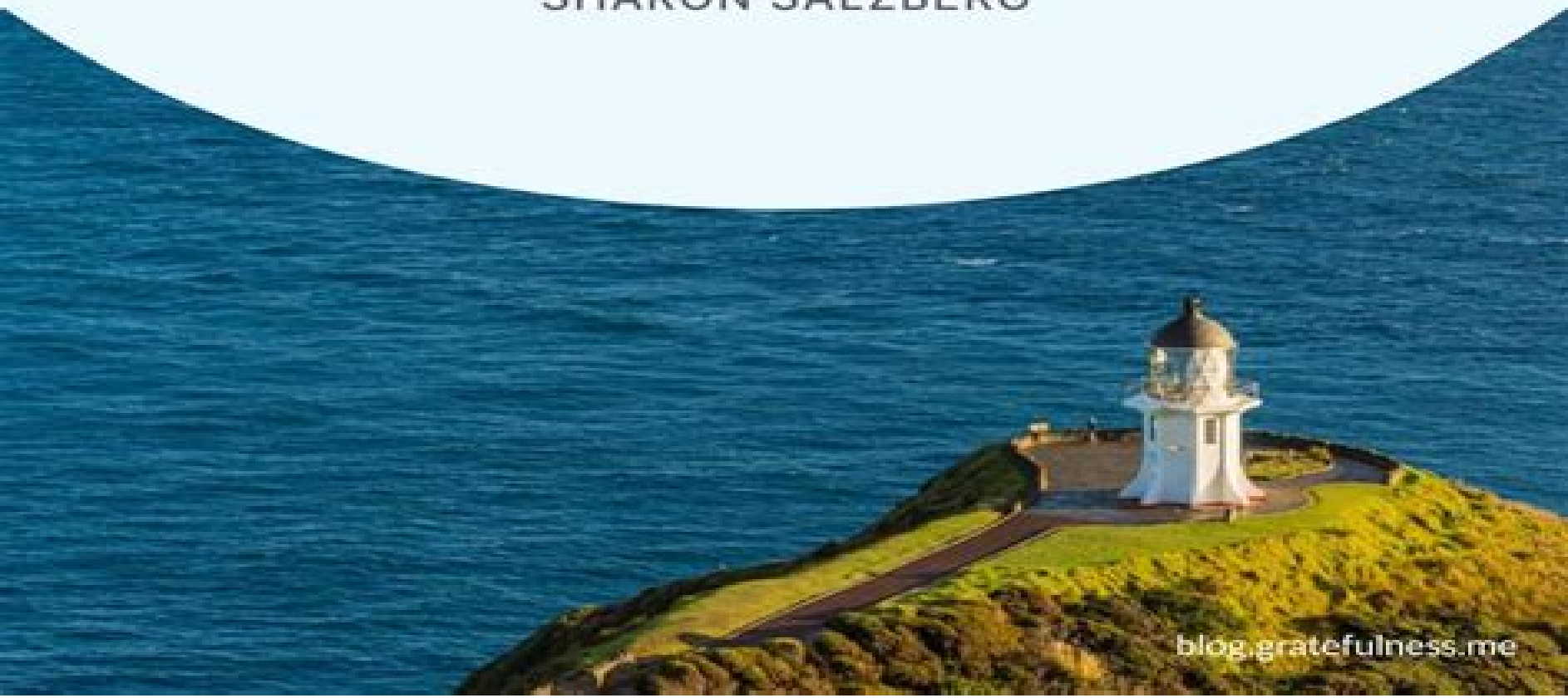


“You yourself, as much as anybody
in the entire universe, deserve
your love and affection.”

SHARON SALZBERG



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