

# Seizing Life's SECOND CHANCES

*Activating Your Inner  
Survival Mechanisms for  
Conquering Life's Fears*

Paul Vigyikan  
M.A., M.S.W.

The logo for Stilpoint, featuring a stylized 'S' that forms a circular shape around the word 'STILPOINT'.

# Seizing Lifes Second Chances Activating Your Inner Survival Mechanisms

**KJ Lindholm-Leary**



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