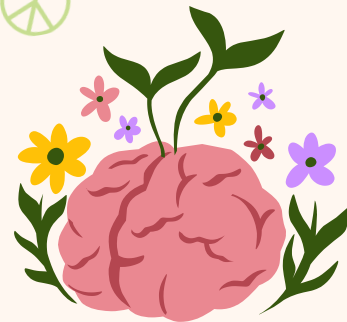


MAKE YOURSELF A PRIORITY



emotionally



mentally



spiritually



physically

